

ST. THOMAS AQUINAS

NOVEMBER 2010

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 1 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 2 MACARONI & CHEESE, 3/4 C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C	NOVEMBER 3 ITALIAN TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C CHILLED DICED PEARS, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL 3 A/B FIELD TRIP	NOVEMBER 4 NACHO MEAT, 2 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	NOVEMBER 5 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
NOVEMBER 8 TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD CHILLED DICED PEACHES, 3/8 C	NOVEMBER 9 LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA	NOVEMBER 10 **CHICKEN FAJITAS** CHICKEN BREAST STRIPS, 2OZ WARM SOFT TORTILLA, 2EA SHRED CHEDDAR, SOUR CREAM, SALSA YELLOW CORN, 1/2C CANTALOUPE, 1 SL TOSSED SALAD MIXED FRUIT, 3/8C	NOVEMBER 11 VETERAN'S DAY HOLIDAY !!!	NOVEMBER 12 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
NOVEMBER 15 BREAKFAST FOR LUNCH!! TURKEY SAUSAGE LINKS, 2EA HASH BROWN POTATOES, 1/2C SCRAMBLED EGGS, 1/2C FRENCH TOAST STICKS, 3EA CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA	NOVEMBER 16 4" HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 17 CHIPOTLE STYLE CHICKEN BURRITO, 1/2C WHITE LIME RICE, 1/2C BLACK BEANS, 1/4C LO-FAT SHREDDED CHEDDAR , 1 OZ 6" WARM SOFT TORTILLA, 2EA BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	NOVEMBER 18 **THANKSGIVING** SLICED OVEN ROASTED TURKEY BREAST W/ GRAVY, 1EA MASHED POTATOES, 1/2C TOSSED SALAD W/ RANCH, 1/2C CRANBERRY SAUCE, 1OZ DINNER ROLL W/ BUTTER, 1EA FR: BAKED CHOC CHIP COOKIE, 1EA	NOVEMBER 19 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
NOVEMBER 22 "SOUTH OF THE BORDER" BEEF TACO'S, 2OZ SHRED CHEDDAR, 1OZ WARM SOFT TORTILLA, 2 EA SALSA, SOUR CREAM CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 23 SALISBURY STEAK W/ GRAVY, 1EA MASHED POTATOES, 1/2C DINNER ROLL, 1EA FRESH BANANA, 1 EA TOSSED SALAD W/ RANCH, 1/2 C FRESH ORANGE WEDGES, 2 PCS	NOVEMBER 24 NOON DISMISSAL !!	NOVEMBER 25 HAPPY THANKSGIVING !!!	NOVEMBER 26 HAPPY THANKSGIVING !!!
NOVEMBER 29 SPAGHETTI W/ MARINARA, 1/2C TURKEY MEATBALLS IN MARINARA SAUCE, 4EA PARMESAN CHEESE, 1/2OZ GARLIC BREAD, 1EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 30 PHILLY CHEESE STEAK, 2OZ SUB ROLL, 1EA CHEESE 1OZ GRILLED PEPPERS & ONION, 1/2OZ MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C			

All alternates discussed on an individual basis as needed.

Specializing in Day Care and School Lunch Programs and Business and Office Luncheons

8 oz milk required with each meal