

ST. THOMAS AQUINAS		NOVEMBER 2011			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>NOVEMBER 1</b> POLYNESIAN CHICKEN, 1/2C WHL GRAIN BROWN RICE, 1/2C 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	<b>NOVEMBER 2</b> ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1EA MOZZ CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C <b>FIELD TRIP/2,6,7,8 GRADES</b>	<b>NOVEMBER 3</b> NACHO MEAT, 2 OZ ( BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<b>NOVEMBER 4</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>NOVEMBER 7</b> 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	<b>NOVEMBER 8</b> 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	<b>NOVEMBER 9</b> <b>**CHICKEN FAJITAS**</b> , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA, SHRED LETTUCE GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	<b>NOVEMBER 10</b>  <b>NOON DISMISSAL</b>  <b>PARENT CONFERENCES</b>	<b>NOVEMBER 11</b>  <b>NOON DISMISSAL</b>  <b>PARENT CONFERENCES</b>	
<b>NOVEMBER 14</b> CREAMY MACARONI & CHEESE, 3/4C SWEET TENDER PEAS, 1/2C WHOEL WHEAT DINNER ROLL, 1EA CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<b>NOVEMBER 15</b> <b>**NITRITE FREE**</b> ALL BEEF HOT DOG ON ROLL, 1 1/2 EA CHILI & CHEESE & CATSUP CHIPS, 1/2 C GREEN BEANS, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	<b>NOVEMBER 16</b> WHL WHT PENNE PASTA BOLOGNESE SAUCE W/BEEF CRUMBLES & TEWED TOMATOES, 3/4C GRATED PAREMSAN CHEESE, 1/2OZ STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>NOVEMBER 17</b> <b>THANKSGIVING</b> SLICED TURKEY BREAST W/ GRAVY, 1SL MASHED POTATOES, 1/2C CRANBERRY SAUCE, 1OZ TOSS SALAD W/ GREEN LEAF, SPINACH & DRESSING,, 1/2C DINNER ROLL W/ BUTTER, 1EA FRESH BAKED CHOC CHIP COOKIE, 1EA	<b>NOVEMBER 18</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<b>NOVEMBER 21</b> <b>**SOUTH OF THE BORDER**</b> SOFT BEEF TACOS, 2OZ SOFT WARM TORTILLAS, 2EA LO-FAT SHRED CHEDDAR, 1OZ SOUR CREAM/SALSA MEXICAN RICE, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8C	<b>NOVEMBER 22</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>NOVEMBER 23</b>  <b>NOON</b>  <b>DISMISSAL</b>	<b>NOVEMBER 24</b>  <b>HAPPY THANKSGIVING!!!</b>	<b>NOVEMBER 25</b>  <b>HAPPY THANKSGIVING!!!</b>	
<b>NOVEMBER 28</b> 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	<b>NOVEMBER 29</b> <b>BRKF FOR LUNCH!!</b> TURKEY SAUSAGE LINKS, 2EA HASH BRN POTATOES, 1/2C SCRAMBLED EGGS, 1/2C FR TOAST STICKS, 3EA MIXED FRUIT, 3/8C TOSSED SALAD FRESH BANANA, 1 EA	<b>NOVEMBER 30</b> 4" HORMEL HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2 C SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 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

