

ST. THOMAS AQUINAS		NOVEMBER 2012			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			NOVEMBER 1 4" ALL NATURAL ROASTED TURKEY BREAST & CHED CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLES, 1EA TOSSED SALAD, 1/2C APPLESAUCE, 3/8C	NOVEMBER 2 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA <u>6TH, 7TH, 8TH GRADES</u> <u>FIELD TRIP</u>	
NOVEMBER 5 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 6 LEAN BEEF CHEESEBURGER, 1 EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD FRUIT SALAD, 3/8C (MELONS & PINEAPPLE)	NOVEMBER 7 CHIC STRIPS W/ FAJITA SEASONING, 1/2 C LO-FAT SHRED CHEDDAR, 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	NOVEMBER 8 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8	NOVEMBER 9 NOON DISMISSAL	
NOVEMBER 12 VETERAN'S DAY HOLIDAY !!	NOVEMBER 13 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP BAKED HARVEST SUN CHIPS, 1 EA FRESH BABY CARROTS W/ RANCH, 1/2C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C MIXED FRUIT, 3/8C	NOVEMBER 14 WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4 C W/ BEEF CRUMBLES, & STEWED TOMATOES PARMESAN CHEESE, 1/2 C GARLIC BREAD, 1 EA STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 15 THANKSGIVING 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	NOVEMBER 16 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
NOVEMBER 19 *CHIPOTLE* STYLE CHICKEN, 1/2C WARM SOFT TORTILLA, 2 EA LO-FAT SHRED CHEDDAR, 1 OZ WHITE LIME RICE, 1/2C SOUR CRM, SALSA CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8C	NOVEMBER 20 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA OVEN BROWNED POTATOES, 1/2 C 100% WHOLE GRAIN BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	NOVEMBER 21 NOON DISMISSAL	NOVEMBER 22 HAPPY THANKSGIVING !!	NOVEMBER 23 HAPPY THANKSGIVING !!	
NOVEMBER 26 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA ON A ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 27 MACARONI & CHEESE W/ WHOLE GRAINS, 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 28 ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8C TOSSED SALAD, 1/2 EA CHILLED PEARS IN JUICE, 3/8C	NOVEMBER 29 *CRUNCHY TACOS* TACO MEAT, 1/2 C CORN TACO SHELLS, 2EA LO-FAT SHREDDED CHEDDAR, 1 OZ SHRED LETTUCE, 1/2C SOUR CREAM, SALSA, 1OZ BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	NOVEMBER 30 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	

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

