

| ST. THOMAS AQUINAS   |   | NOVEMBER 2013   |   |   | BK PORTIONS |
|--|---|---|---|---|-------------|
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |             |
|  |   |   |   | <b>NOVEMBER 1</b><br>PIZZA DAY<br>TOSSED SALAD, 1/2 C<br>HOME BAKED CHOCOLATE CHIP<br>COOKIE, 2 EA  |             |
| <b>NOVEMBER 4</b><br>ROASTED TERIYAKI CHICKEN<br>STRIPS, 5 EA<br>BRN WHL GRAIN RICE, 1/2 C<br>BABY CARROTS W/DIP, 1/2 C<br>CHILLED DICED PEARS, 3/8 C<br>TOSSED SALAD<br>FRESH APPLE, 1EA                                | <b>NOVEMBER 5</b><br>LEAN BEEF CHEESEBURGER 3OZ ,<br>1 EA<br>W/ KETCHUP<br>PICKLE COINS, 2EA<br>SWEET YELLOW CORN, 1/2 C<br>FRESH BANANA, 1EA<br>TOSSED SALAD<br>MIXED FRUIT, 3/8C<br><b><u>3B - CLASS PARTY</u></b>  | <b>NOVEMBER 6</b><br>CHICKEN FAJITAS , 1/2 C<br>LO-FAT SHREDDED CHEDDAR , 1 OZ<br>WARM SOFT TORTILLAS, 2 EA<br>SALSA & SOUR CREAM, 1/2 OZ<br>STEAMED GREEN BEANS, 1/2C<br>FRESH APPLE, 1EA<br>TOSSED SALAD, 1/2 C<br>CHILLED APPLESAUCE, 3/8 C                    | <b>NOVEMBER 7</b><br><br>NOON DISMISSAL<br><br>PARENT/TEACHER<br><br>CONFERENCES  | <b>NOVEMBER 8</b><br><br>NOON DISMISSAL<br><br>PARENT/TEACHER<br><br>CONFERENCES                    |             |
| <b>NOVEMBER 11</b><br><br><b>VETERAN'S DAY</b><br><br><b>HOLIDAY !!</b><br><br><b>NO SCHOOL</b><br><b>CREDITS' ISSUED FOR ANY ORDERS</b><br><b>ALREADY PLACED</b>  | <b>NOVEMBER 12</b><br>**NITRITE FREE** ALL BEEF HOT DOG<br>ON ROLL, 2 EA<br>CHILI, SHRED CHEDDAR CHEESE,<br>KETCHUP<br>BAKED SUN CHIPS, 1 EA<br>SWEET YELLOW CORN, 1/2 C<br>FRESH BANAN, 1EA<br>TOSSED SALAD W/ RANCH, 1/2 C<br>DICED PEACHES, 3/8C   | <b>NOVEMBER 13</b><br>WW PENNE PASTA W/ BOLOGNESE<br>SAUCE, 3/4 C<br>W/BEEF CRUMBLES, & STEWED<br>TOMATOES<br>PARMESAN CHEESE, 1/2OZ<br>WARM GARLIC BREAD, 1EA<br>STEAMED GREEN BEANS, 1/2C<br>CHILLED APPLESAUCE, 3/ C<br>TOSSED SALAD, 1/2C<br>FRESH APPLE, 1EA | <b>NOVEMBER 14</b><br>WHOLE GRAIN CHICKEN BITES, 5EA<br>KETCHUP<br>WHEAT DINNER ROLL, 1 EA<br>SOUTHERN FRIED<br>POTATOES<br>W/ONION, 1/2C<br>CHILLED DICED MIXED FRUIT, 3/8 C<br>TOSSED SALAD, 1/2 C<br>FRESH CANTALOUPE, 1SL               | <b>NOVEMBER 15</b><br>PIZZA DAY<br>TOSSED SALAD, 1/2 C<br>HOME BAKED CHOCOLATE CHIP<br>COOKIE, 2 EA |             |
| <b>NOVEMBER 18</b><br>ALL BEEF MEATBALL STEW, 3/4C<br>W/ CARROTS & POTATOES<br>STEAMED GREEN BEANS, 1/2C<br>100% WHOLE GRAIN BREAD, 1SL<br>CHILLED DICED PEARS, 1/2 C<br>TOSSED SALAD, 1/2C<br>FRESH APPLE, 1 EA         | <b>NOVEMBER 19</b><br>SOUTH OF THE BORDER<br>BEEF TACO MEAT, 1/2C<br>SOFT WARM<br>TORTILLA, 2EA<br>SHRED CHEDDAR, 1OZ<br>SALSA, SOUR CREAM<br>SHRED LETTUCE, 1/2C<br>BABY CARROTS, 1/2C<br>RANCH DIP<br>SEEDLESS GRAPES, 3/8C<br>TOSSED SALAD, 1/2C<br>CHILLED APPLESAUCE, 3/                   | <b>NOVEMBER 20</b><br>COUNTRY STYLE SALISBURY STEAK<br>W/ LOW SODIUM GRAVY, 1 EA<br>SAVORY MASHED POTATOES, 1/2 C<br>WHEAT DINNER ROLL, 1 EA<br>PINEAPPLE TIDBITS, 3/8 C<br>TOSSED SALAD, 1/2 C<br>FRESH CANTALOUPE, 1SL  | <b>NOVEMBER 21</b><br>**THANKSGIVING**<br>SLICED TURKEY<br>BREAST IN GRAVY, 1SL<br>MASHED POTATOES, 1/2C<br>TOSSED SALAD W/ RANCH<br>DRESSING, 1/2C<br>CRANBERRY SAUCE, 1OZ<br>DINNER ROLL & BUTTER, 1EA<br>FR: BAKED CHOC CHIP COOKIE, 1EA | <b>NOVEMBER 22</b><br>PIZZA DAY<br>TOSSED SALAD<br>HOME BAKED SUGAR COOKIE, 2 EA                    |             |
| <b>NOVEMBER 25</b><br>OVEN BAKED CHICKEN BREAST<br>PATTY SANDWICH, 1 EA<br>WHEAT HAMBURGER ROLL W/<br>KETCHUP, 1 EA<br>SWEET TENDER PEAS, 1/2 C<br>CHILLED APPLESAUCE, 3/8 C<br>TOSSED SALAD, 1/2 C<br>FRESH APPLE, 1 EA | <b>NOVEMBER 26</b><br><b>BONELESS CHICKEN BREAST</b><br><b>CHUNKS, 4EA</b><br>W/ KETCHUP<br>WHEAT DINNER ROLL, 1EA<br>MIXED VEGGIE TRIO, 1/2C<br>W/ RANCH DIP<br>MIXED VEGETABLE TRIO W/CREAMY<br>RANCH DIP, 1/2 C<br>FRESH BANANA, 1 EA<br>TOSSED SALAD, 1/2 C<br>CHILLED PEARS IN JUICE, 3/8C | <b>NOVEMBER 27</b><br>EARLY<br>DISMISSAL  | <b>NOVEMBER 28</b><br><br><b>HAPPY THANKSGIVING !!</b>  | <b>NOVEMBER 29</b><br><br><b>THANKSGIVING BREAK !!</b>  |             |

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