

ST. THOMAS AQUINAS **NOVEMBER 2014** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 3 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD ORANGE WEDGES, 2EA	NOVEMBER 4 ALL BEEF HAMBURGER OR CHEESE BURGER , 1EA W/ KETCHUP & PICKLE COINS SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	NOVEMBER 5 CHICKEN FAJITAS ,1/2C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA / SOUR CREAM/ SHRED LETTUCE, 1/2 OZ MEXICAN RICE, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 6 TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP (100%)OVEN ROASTED POTATOES, 1/2C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	NOVEMBER 7 PIZZA DAY TOSSED SALAD OTIS SPUNKMEYER CHOCOLATE CHIP COOKIE, 2 EA
NOVEMBER 10 VETERAN'S DAY HOLIDAY !!!!	NOVEMBER 11 SCHOOL CLOSED	NOVEMBER 12 BEEF SLOPPY JOES , 1/2C WW HAMBURGER ROLL, 1EA LAY'S POTATO CHIPS, 1EA STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 13 WG BREADED CHICKEN BITES , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH CANTALOUPE, 1SL	NOVEMBER 14 PIZZA DAY TOSSED SALAD, 1/2 C OTIS SPUNKMEYER SUGAR COOKIE , 2 EA
NOVEMBER 17 HAMBURGER NOODLE BAKE GRD BEEF, PASTA, CHEESES, TOMATO SAUCE, 3/4C SHRED CHEDDAR, 1OZ 100% WG BREAD, 1SL STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	NOVEMBER 18 FIESTA CHICKEN DICED CHICKEN BREAST, SALSA, CORN, RED PEPPER, 1/2C WHOE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	NOVEMBER 19 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1EA RED SKIN MASHED POTATOES, 1/2C WHEAT DINNER ROLL, EA PINEAPPLE TIDBITS IN JUICE, 3/8C TOSSED SALAD, 1/2C FRESH CANTALOUPE, 1SL	NOVEMBER 20 **THANKSGIVING** SLICED TURKEY BREAST IN GRAVY, 1SL MASHED POTATOES, 1/2C TOSSED SALAD W/ RANCH DRESSING, 1/2C CRANBERRY SAUCE, 1OZ DINNER ROLL & BUTTER, 1EA FR: BAKED CHOC CHIP COOKIE, 1EA	NOVEMBER 21 PIZZA DAY TOSSED SALAD OTIS SPUNKMEYER OATMEAL RAISIN COOKIE, 2 EA
NOVEMBER 24 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER 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 25 CREAMY MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	NOVEMBER 26 THANKSGIVING HOLIDAY BEGINS!!!	NOVEMBER 27 HAPPY THANKSGIVING!!!	NOVEMBER 28 THANKSGIVING HOLIDAY !!!

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