

ST. THOMAS AQUINAS

NOVEMBER 2016

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NOVEMBER 1 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	NOVEMBER 2 TURKEY CORN DOG NUGGETS ,6 EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	NOVEMBER 3 CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	NOVEMBER 4 PIZZA DAY TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA
NOVEMBER 7 BEEF MEATBALLS & GRAVY, 5EA BUTTERED PASTA, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	NOVEMBER 8 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP SWEET YELLOW CORN, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	NOVEMBER 9 PARENT/TEACHER CONFERENCES	NOVEMBER 10 PARENT/TEACHER CONFERENCES	NOVEMBER 11 VETERAN'S DAY HOLIDAY
NOVEMBER 14 WG BREADED OVEN FRIED DRUMSTICK, 1EA STEAMED GREEN BEANS, 1/2C WHEAT DINNER ROLL, 1EA CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	NOVEMBER 15 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	NOVEMBER 16 COUNTRY STYLE SALISBURY STEAK W/GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1EA	NOVEMBER 17 **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 18 PIZZA DAY TOSSED SALAD FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA
NOVEMBER 21 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	NOVEMBER 22 CREAMY MACARONI & CHEESE, 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED VEGETABLE TRIO W RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED PEARS JUICE, 3/8C	NOVEMBER 23 THANKSGIVING HOLIDAY	NOVEMBER 24 HAPPY THANKSGIVING!!	NOVEMBER 25 THANKSGIVING HOLIDAY
NOVEMBER 28 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD CHILLED DICED PEACHES IN JUICE, 3/8 C	NOVEMBER 29 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	NOVEMBER 30 BEEF CORN DOG ON A STICK, 2EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C		

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

