

ST. THOMAS AQUINAS		NOVEMBER 2017			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		NOVEMBER 1 TURKEY CORN DOG NUGGETS, 6EA 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 2 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 3 PIZZA DAY TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA	
NOVEMBER 6 BEEF MEATBALLS & GRAVY, 5EA WHOLE GRAIN BROWN RICE, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	NOVEMBER 7 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL, 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	NOVEMBER 8 WG BREADED CHICKEN NUGGETS, 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	NOVEMBER 9 PARETN/TEACHER CONFERENCES NOON DISMISSAL	NOVEMBER 10 VETERAN'S DAY	
NOVEMBER 13 CHICKEN SLIDERS ON ROLLS, 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	NOVEMBER 14 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	NOVEMBER 15 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, 1SL	NOVEMBER 16 **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 17 PIZZA DAY TOSSED SALAD FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA	
NOVEMBER 20 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, 3EA	NOVEMBER 21 MACARONI & CHEESE, 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS, 4EA NO HFC KETCHUP 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 22 NOON DISMISSAL	NOVEMBER 23 HAPPY THANKSGIVING!!	NOVEMBER 24 THANKSGIVING BREAK	
NOVEMBER 27 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	NOVEMBER 28 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 29 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	NOVEMBER 30 OVEN FRIED DRUMSTICK, 2EA SWEET YELLOW CORN, 1/2C WHEAT DINNER ROLL, 1EA FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C		

All alternates discussed on an individual basis as needed.

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Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
8 oz milk required with each meal