

ST. THOMAS AQUINAS		NOVEMBER 2018			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			NOVEMBER 1 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 2 PIZZA DAY TOSSED SALAD FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
NOVEMBER 5 BEEF SLIDERS ON BUNS, 2EA NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	NOVEMBER 6 **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 7 WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	NOVEMBER 8 *BREAKFAST FOR LUNCH* WG BUTTERMILK PANCAKES, 2EA SYRUP (NO HFC) VANILLA YOGURT, 1/2C CHICKEN SAUSAGE PATTY, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	NOVEMBER 9 NOON DISMISSAL	
NOVEMBER 12 VETERAN'S DAY HOLIDAY!!	NOVEMBER 13 CHICKEN TENDERS, GLUTEN FREE , 4EA NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	NOVEMBER 14 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 15 **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 16 PIZZA DAY TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA	
NOVEMBER 19 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 20 MACARONI & CHEESE , 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	NOVEMBER 21 NOON DISMISSAL	NOVEMBER 22 HAPPY THANKSGIVING!!	NOVEMBER 23 THANKSGIVING BREAK!!	
NOVEMBER 26 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	NOVEMBER 27 LEAN BEEF CHEESEBURGER , 1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 3/8C	NOVEMBER 28 TURKEY CORN DOG NUGGETS, 6EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES IN JUICE, 3/8C	NOVEMBER 29 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 30 NOON DISMISSAL	

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