

ST. THOMAS AQUINAS		NOVEMBER 2019			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>NOVEMBER 1</b>	<b>NOON DISMISSAL</b>
<b>NOVEMBER 4</b> <b>BEEF SLIDERS ON BUNS, 2EA</b> FANCY SHRED CHEDDAR, 1OZ NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	<b>NOVEMBER 5</b> <b>ALL BEEF HOT DOG ON ROLL</b> ,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	<b>NOVEMBER 6</b> <b>NAE WHL GRAIN BREADED CHICKEN NUGGETS</b> , 6EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	<b>NOVEMBER 7</b> <b>CHEESEBURGER MEATLOAF</b> , 1EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<b>NOVEMBER 8</b>	<b>NOON DISMISSAL</b>
<b>NOVEMBER 11</b> <b>VETERAN'S DAY</b>  <b>HOLIDAY</b>	<b>NOVEMBER 12</b> <b>CHICKEN TENDERS, GLUTEN FREE</b> , 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	<b>NOVEMBER 13</b> <b>SALISBURY STEAK W/ GRAVY</b> , 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	<b>NOVEMBER 14</b> <b>WHL GRAIN SPAGHETTI PASTA W/BEEF &amp; TURKEY CRUMBLE MEAT MARINARA</b> , 3/4 C W/ PARM CHEESE, 1 OZ SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<b>NOVEMBER 15</b> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED DOUBLE CHOCOLATE COOKIE, 2 EA	
<b>NOVEMBER 18</b> <b>OVEN BAKED CHICKEN BREAST PATTY SANDWICH</b> , 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	<b>NOVEMBER 19</b> <b>MACARONI &amp; CHEESE</b> , 1/2C <b>BONELESS NAE CHICKEN BREAST CHUNK WING DINGS</b> , 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	<b>NOVEMBER 20</b> <b>MEXICAN NACHO FIESTA</b> , 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	<b>NOVEMBER 21</b> <b>**THANKSGIVING**</b> 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	<b>NOVEMBER 22</b> <b>PIZZA DAY</b> TOSSED SALAD, 1/2 C FRESH BAKED SUGAR COOKIE, 2 EA	
<b>NOVEMBER 25</b> <b>ROASTED TERIYAKI CHICKEN STRIPS</b> , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	<b>NOVEMBER 26</b> <b>LEAN BEEF CHEESEBURGER</b> ,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	<b>NOVEMBER 27</b>  <b>THANKSGIVING</b>  <b>BREAK</b>	<b>NOVEMBER 28</b>  <b>HAPPY</b>  <b>THANKSGIVING!!</b>	<b>NOVEMBER 29</b>  <b>THANKSGIVING</b>  <b>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