

ST. THOMAS AQUINAS		OCTOBER 2007			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER 1 CHICKEN FINGERS W/CATSUP, 4 EA GREEN BEANS, 1/2 C DINNER ROLL, 1 EA VANILLA WAFERS, 6 EA CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 2 ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/2 C OR BABY CARROTS W/ DIP, 1/2C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 EA	OCTOBER 3 BEEF CHEESEBURGER , 1 EA CATSUP & PICKLE COINS SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8 C	OCTOBER 4 SANTA FE CHICKEN, 2 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ SUB ROLL, 1 EA SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 5 TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 8 NO SCHOOL COLUMBUS DAY !!	OCTOBER 9 MACARONI & CHEESE, 3/4C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C	OCTOBER 10 SALISBURY STEAK W/GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 11 NACHO MEAT, 2 OZ (GRD BEEF & TURKEY) SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	OCTOBER 12 TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 15 TERIYAKI CHICKEN STRIPS, 5 EA MULTI GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C FORTUNE COOKIE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 16 ITALIAN MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C	OCTOBER 17 CHICKEN BREAST SANDWICH, 1 EA SLICE CHEESE & CATSUP HAMBURGER ROLL, 1 EA HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	OCTOBER 18 SLOPPY JOE ON ROLL, 3OZ HAMBURGER ROLL, 1EA POTATO CHIPS, 1/2C GREEN BEANS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 19 TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 22 CHICKEN PATTY SANDWICH, 1 EA ON A ROLL, 1 EA W/ AMER CHEESE & HONEY MUSTARD GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 23 HAWAIIAN MEATBALLS, 5 EA MULTI GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	OCTOBER 24 SALISBURY STEAK W/GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 25 ENRICHED SHORT SPAGHETTI, 3/4 C W/ PARM CHEESE, 1 OZ DINNER ROLL, 1 EA HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	OCTOBER 26 NO SCHOOL LUNCH	
OCTOBER 29 CHICKEN FINGERS W/CATSUP, 4 EA GREEN BEANS, 1/2 C DINNER ROLL, 1 EA VANILLA WAFERS, 6 EA CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 30 MACARONI & CHEESE, 3/4C INNER ROLL, 1 EA TOSSED SALAD W/CREAMY RANCH DRESSING, 1/2 C FRESH BANANA, 1 EA SWEET PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA	OCTOBER 31 HOT DOG ON BUN, 2EA W/ CATSUP POTATO CHIPS, 1/2C BABY CARROTS W/ RANCH DIP, 1/2C FRESH ORANGE WEDGES, 2EA TOSSED SALAD W/ DRESSING, 1/2C DICED PEARS, 3/8C			

Portions meet CACFP requirements for 6 to 12 year olds. 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