

ST. THOMAS AQUINAS		OCTOBER 2008			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		OCTOBER 1 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	OCTOBER 2 4" TURKEY & CHEESE SUB, 1EA SHREDDED LETT & TOMATO ON THE SIDE, 1/2C CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C APPLESAUCE, 3/8 C CHIPS, 1/2 C	OCTOBER 3 FIELD TRIP GRADES 2 - 8 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 6 CN-SNACK-ATIZERS POPCORN CHICKEN, 10 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C BREAD STICKS, 1 PKTS CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 7 MACARONI & CHEESE, 3/4 C 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 8 BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8 C	OCTOBER 9 NACHO MEAT, 2 OZ (SOY & BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	OCTOBER 10 NOON DISMISSAL	
OCTOBER 13 COLUMBUS DAY HOLIDAY !!!	OCTOBER 14 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 15 CHICKEN BREAST SANDWICH, 1 EA SLICE CHEESE & CATSUP HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 PCS	OCTOBER 16 TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 17 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 20 CHICKEN PATTY SANDWICH, 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 21 BEEF HOT DOG ON ROLL, 2EA CHILI, CHEESE, & CATSUP POTATO CHIPS, 1/2C 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 22 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHL WHEAT BREAD, 1 SL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C APPLES, 1 EA	OCTOBER 23 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 24 NO SCHOOL !!	
OCTOBER 27 SLOPPY JOE ON ROLL, 1/2 C ON A ROLL, 1 EA CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA FIELD TRIP K1 K2	OCTOBER 28 SOFT TACO, 2 OZ TORTILLA, 2 EA W/ SHREDDED CHEDDAR, 1 OZ TOSSED SALAD W/ RANCH, 1/2 C BANANA, 1 EA ORANGE WEDGES, 2 PCS CORN, 1/2 C	OCTOBER 29 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	OCTOBER 30 OVEN FRIED DRUMSTICKS BONE IN, 2 EA WHOLE WHEAT BREAD, 1 SL SWEET YELLOW CORN, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 31 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	

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