

ST. THOMAS AQUINAS		OCTOBER 2010			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				OCTOBER 1 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA GRADES 2-5 FIELD TRIP	
OCTOBER 4 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 5 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 6 *COOK OUT* BBQ CHICKEN LEGS, 2EA BAKED BEANS, 1/2C POTATO SALAD, 1/4C TOSSED SALAD W/ RANCH, 1/2 C WHEAT DINNER ROLL, 1EA FR: BAKED OTIS SPUNKMEYER OATMEAL RAISIN COOKIE FRESH ORANGE WEDGES, 2 PCS	OCTOBER 7 NACHO MEAT, 2 OZ (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 8 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 11 COLUMBUS DAY HOLIDAY !!	OCTOBER 12 LEAN BEEF CHEESEBURGER , 1 EA W/ CATSUP & PICKLE COINS SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C	OCTOBER 13 4" HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD CHILLED MIXED FRUIT 3/8C	OCTOBER 14 TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 15 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 18 BREAKFAST FOR LUNCH!! TURKEY SAUSAGE LINKS, 2EA HASH BROWN POTATOES, 1/2C SCRAMBLED EGGS, 1/2C FRENCH TOAST STICKS, 3EA CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA	OCTOBER 19 *NITRITE FREE* ALL BEEF HOT DOG ON ROLL, 1 1/2EA CHILI & CHEESE & CATSUP CHIPS, 1/2 C SWEET YELLOW CORN, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD MIXED FRUIT, 3/8C	OCTOBER 20 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	OCTOBER 21 MACARONI & CHEESE, 3/4C HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	OCTOBER 22 NO SCHOOL TEACHER WORKDAY	
OCTOBER 25 CHICKEN ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GARLIC BREAD, 1EA GREEN BEANS, 1/2C CHILLED DICE PEARS, 3/8C TOSSED SALAD, 1/2C FRESH ORANGE WEDGES, 2EA	OCTOBER 26 OVEN FIRED DRUMSTICK, 2EA OVEN ROASTED POTATOES, 1/2C SWEET TENDER PEAS, 1/2C FRESH APPLE, 1EA TOSSED SALAD W/ RANCH, 1/2 C CHILLED APPLESAUCE, 3/8C	OCTOBER 27 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 28 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA, 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 BANANA, 1EA K-1/2 FIELD TRIP	OCTOBER 29 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	

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
