

ST. THOMAS AQUINAS		OCTOBER 2011			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER 3 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 4 MANGO CHICKEN, 1/2C W/ DICED CHIC BREAST & PINEAPPLE BRN WHL GRAIN RICE, 1/2C 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 5 ITALIAN TURKEY & BEEF MEATBALL SUB, 5EA SUB ROLL, 1EA SHRED MOZZARELLA CHEESE, 1OZ GREEN BEANS, 1/2C DICED PEACHES IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	OCTOBER 6 NACHO MEAT, 2 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ CORN 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 7 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA 2 A/B FIELD TRIP	
OCTOBER 10 COLUMBUS DAY HOLIDAY !!!	OCTOBER 11 ALL BEEF CHEESEBURGER ON ROLL W/ KETCHUP, 1EA SWEET YELLOW CORN, 1/2C PICKLE SLICES FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA MIXED FRUIT, 3/8C	OCTOBER 12 **CHICKEN FAJITAS** , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA, SHRED LETTUCE GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	OCTOBER 13 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 14 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 17 CREAMY MACARONI & CHEESE, 3/4C SWEET TENDER PEAS, 1/2C WHOLE WHEAT DINNER ROLL, 1EA CHILLED DICED PEACHES, 3/8C TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	OCTOBER 18 4" HORMEL HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2 C GREEN BEANS, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	OCTOBER 19 WHL WHT PENNE PASTA W/ BOLOGNESE SAUCE W/ BEEF CRUMBLES & STEWED TOMATOES, 3/4C GRATED PARMESAN, 1/2OZ STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	OCTOBER 20 SHEPARD'S PIE BEEF CRUMBLE, GRAVY, & CHEDDAR MASHED POTATOES, 3/4C SWEET YELLOW CORN, 1/2C MIXED FRUIT, 3/8C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA	OCTOBER 21 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 24 **SOUTH OF THE BORDER** SOFT BEEF TACOS, 2OZ SOFT WARM TORTILLAS, 2EA LO-FAT SHRED CHEDDAR, 1OZ SOUR CREAM/SALSA MEXICAN RICE, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8C	OCTOBER 25 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA WHOLE WHEAT BREAD, 1 SL GREEN BEANS, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	OCTOBER 26 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 FRESH ORANGE WEDGES, 2EA	OCTOBER 27 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 3/4 C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA SWEET TENDER PEAS, 1/2C DICED PEACHES IN JUICE, 3/8C K 1/2 FIELD TRIP	OCTOBER 28 IN SERVICE DAY	
OCTOBER 31 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ KETCHUP TOSSED SALAD, 1/2 C FRESH APPLE, 1 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