

ST. THOMAS AQUINAS

OCTOBER 2012

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA ON A ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 2 MACARONI & CHEESE W/ WHOLE GRAINS, 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 3 ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8C TOSSED SALAD, 1/2 EA CHILLED PEARS IN JUICE, 3/8C	OCTOBER 4 NACHO MEAT, 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8 C	OCTOBER 5 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
OCTOBER 8 COLUMBUS DAY HOLIDAY !!!	OCTOBER 9 LEAN BEEF CHEESEBURGER , 1 EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD FRUIT SALAD, 3/8C (MELONS & PINEAPPLE)	OCTOBER 10 CHICKEN STRIPS W/ FAJITA SEASONING, 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	OCTOBER 11 TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	OCTOBER 12 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
OCTOBER 15 MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C PINEAPPLE TIDBITS, 3/8 C	OCTOBER 16 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP BAKED HARVEST SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C MIXED FRUIT, 3/8C	OCTOBER 17 WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4 C W/ BEEF CRUMBLES, & STEWED TOMATOES PARMESAN CHEESE, 1/2 C GARLIC BREAD, 1 EA STEAMED GREEN BEANS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 18 BRKF FOR LUNCH!! FRENCH TOAST STICKS W/ SYRUP, 3EA TURKEY SAUSAGE LINKS, 2EA SOUTHERN FRIED POTATOES W/ ONIONS, 1/2C SCRAMBLED EGGS, 1/2C FRESH ORANGE WEDGES, 4EA	OCTOBER 19 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
OCTOBER 22 CHICKEN ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GARLIC BREAD, 1EA CARROT COINS, 1/2C CHILLED DICE PEARS, 3/8C TOSSED SALAD, 1/2C DICED PEACHES, 3/8C	OCTOBER 23 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C 100% WHOLE GRAIN BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	OCTOBER 24 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 25 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	OCTOBER 26 NO SCHOOL
OCTOBER 29 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA ON A ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 30 OVEN BAKED BREADED CHICKEN DRUMSTICK, 2EA BAKED BEANS, 1/4C WHEAT 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 31 ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA CHILLED DICED PEACHES, 3/8C		

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