

ST. THOMAS AQUINAS		OCTOBER 2013			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	OCTOBER 1 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA FRESH MIXED VEGGIE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8 C	OCTOBER 2 ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHRED MOZZ 1 OZ GRILLED PEPPERS & ONIONS FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTAOUPE, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEACHES, 3/8C	OCTOBER 3 MEXICAN NACHO FIESTA , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	OCTOBER 4 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 7 GENERAL TSO CHICKEN , 4EA JASMINE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	OCTOBER 8 LEAN BEEF CHEESEBURGER , 1EA (3OZ) W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C MIXED FRUIT, 3/8C	OCTOBER 9 CHICKEN FAJITAS , 1/2 C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE) TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	OCTOBER 10 TURKEY CORN DOG NUGGETS , 6 EA W/ KETCHUP OVEN ROASTED POTATOES, 1/2 C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD W/ RANCH, 1/2 C DICED PEARS IN JUICE, 3/8C	OCTOBER 11 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 14 COLUMBUS DAY HOLIDAY !!!	OCTOBER 15 **NITRITE FREE** ALL BEEF HOT DOG ON ROLL , 2 EA CHILI & SHRED CHEDDAR CHEESE & KETCHUP CHIPS, 1/2C SWEET YELLOW CORN, 1/2 C FRESH FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED PEACHES, 3/8C	OCTOBER 16 BREAKFAST FOR LUNCH!! FRENCH TOAST STICKS W/ SYRUP, 4EA TURKEY SAUSAGE PATTY, 2EA SCRAMBLED EGGS, 1/2C APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	OCTOBER 17 JENNIO TURKEY BURGER ON WHEAT HAMBURGER ROLL, 1EA W/ KETCHUP SOUTHERN FRIED POTATOES W/ ONION, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD W/ RANCH, 1/2 C CHILLED DICED MIXED FRUIT, 3/8C	OCTOBER 18 NOON DISMISSAL	
OCTOBER 21 ALL BEEF MEATBALL STEW , 5EA W/ POTATOES, CARROTS, 3/4C STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	OCTOBER 22 SOUTH OF THE BORDER TACO'S TACO MEAT, 1/2C SOFT WARM TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SALSA, SOUR CREAM SHRED LETTUCE, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8C	OCTOBER 23 BEEF STEAK & CHEESE , 3OZ SUB ROLL, 1EA STEAK & SHRED CHEDDAR CHEESE KETCHUP BAKED LAY'S, 1EA GRILLED PEPPERS & ONIONS, 1OZ SCANDANAVIAN BLEND VEG, 1/2C PINEAPPLE TIDBITS, 1/2C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA	OCTOBER 24 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MARINARA SAUCE , 3/4 C WARM GARLIC BREAD, 1SL SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	OCTOBER 25 PROFESSIONAL DAY NO SCHOOL	
OCTOBER 28 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER 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 29 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA FRESH MIXED VEGGIE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8 C	OCTOBER 30 ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHRED MOZZ 1 OZ GRILLED PEPPERS & ONIONS FRESH SAUTEED GREEN BEANS, 1/2 C FRESH CANTAOUPE, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEACHES, 3/8C	OCTOBER 31 MEXICAN NACHO FIESTA , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 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