

ST. THOMAS AQUINAS		OCTOBER 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		OCTOBER 1 ITALIAN MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS VEGETABLE OF THE DAY, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA PEACHES IN JUICE, 3/8C	OCTOBER 2 *COOK OUT* BBQ CHICKEN LEGS FRESH OFF THE GRILL, 2EA BAKED BEANS, 1/4C POTATO SALAD, 1/2C BABY CARROTS W/ RANCH, 1/2C FRESH CANTALOUPE, 1SL FRESH: BAKED CHOC CHIP COOKIE, 1EA	OCTOBER 3 PIZZA DAY TOSSED SALAD OTIS SPUNKMEYER OATMEAL RAISIN COOKIE, 2 EA	
OCTOBER 6 ROASTED TERIYAKI CHICKEN STRIPS , 5EA BRN WHL GRAIN RICE, 1/2C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	OCTOBER 7 ALL BEEF HAMBURGER OR CHEESE BURGER , 1EA W/ KETCHUP & PICKLE COINS SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	OCTOBER 8 CHICKEN FAJITAS ,1/2C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA / SOUR CREAM/ SHRED LETTUCE, 1/2 OZ MEXICAN RICE, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 9 TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP (100%)OVEN ROASTED POTATOES, 1/2C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	OCTOBER 10 PIZZA DAY TOSSED SALAD, 1/2 C OTIS SPUNKMYER CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 13 CLUMBUS DAY HOLIDAY !!!!!	OCTOBER 14 **NITRITE FREE** BEEF HOT DOG ON ROLL , 2EA CHILI, SHRED CHEDDAR, KETCHUP GARDEN SALSA SUN CHIPS, 1 EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1 SL TOSSED SALAD, 1/2 C PEACHES IN JUICE, 3/8C	OCTOBER 15 BEEF SLOPPY JOES , 1/2C WW HAMBURGER ROLL, 1EA LAY'S POTATO CHIPS, 1EA STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 16 WG BREADED CHICKEN BITES , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH CANTALOUPE, 1SL	OCTOBER 17 PIZZA DAY TOSSED SALAD, 1/2 C OTIS SPUNKMEYER SUGAR COOKIE , 2 EA	
OCTOBER 20 HAMBURGER NOODLE BAKE GRD BEEF, PASTA, CHEESES, TOMATO SAUCE, 3/4C SHRED CHEDDAR, 1OZ 100% WG BREAD, 1SL STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS IN JUICE, 1/2C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	OCTOBER 21 FIESTA CHICKEN DICED CHICKEN BREAST, SALSA, CORN, RED PEPPER, 1/2C WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD W/ RANCH, 1/2C CHILLED APPLESAUCE, 3/8C	OCTOBER 22 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1EA RED SKIN MASHED POTATOES, 1/2C WHEAT DINNER ROLL, EA PINEAPPLE TIDBITS IN JUICE, 3/8C TOSSED SALAD, 1/2C FRESH CANTALOUPE, 1SL	OCTOBER 23 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 24 PIZZA DAY TOSSED SALAD OTIS SPUNKMEYER OATMEAL RAISIN COOKIE, 2 EA	
OCTOBER 27 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 28 CREAMY MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	OCTOBER 29 ITALIAN MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS VEGETABLE OF THE DAY, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA PEACHES IN JUICE, 3/8C	OCTOBER 30 NOON DISMISSAL	OCTOBER 31 PROFESSIONAL DAY NO SCHOOL FOR STUDENTS	

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