

ST. THOMAS AQUINAS		OCTOBER 2015			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			OCTOBER 1 MEXICAN NACHO FIESTA , 1/2C (BEEF CRUMBLES) SHRED CHEDDAR , 1OZ CORN TORTILLA CHIPS, 1/2C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8C	OCTOBER 2 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 5 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD CHILLED DICED PEACHES IN JUICE, 3/8 C	OCTOBER 6 LEAN BEEF CHEESEBURGER , 1 EA W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS IN JUICE, 3/8 C	OCTOBER 7 CHICKEN FAJITAS , 1/2C SHRED CHEDDAR, 1OZ WM SOFT TORTILLAS, 2EA SALSA/SOUR CREAM/ SHRED LETTUCE, 1/2OZ MEXICAN RICE, 1/2C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	OCTOBER 8 BEEF CORN DOG ON A STICK , 2EA W/ NO HFC KETCHUP/MUSTARD (100%)OVEN ROASTED POTATOES, 1/2C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA	OCTOBER 9 PIZZA DAY TOSSED SALAD HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 12 COLUMBUS DAY HOLIDAY !!!	OCTOBER 13 PIZZA PASTA BAKE BEEF CRUMBLES, BEEF & CHICKEN PEPPERONI, TOMATO SAUCE, PASTA, 3/4C MOZZARELLA CHEESE, 1OZ CARROT COINS, 1/2 C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C FRESH FRUIT SALAD, 3/8C	OCTOBER 14 ALL NEW BEEF SLOPPY JOES , 1/2C WHEAT HAMBURGER ROLL, 1EA SWEET YELLOW CORN, 1/2C LAY'S POTATO CHIPS, 1EA CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	OCTOBER 15 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 ORANGE WEDGES, 2EA	OCTOBER 16 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED OATMEAL RAISIN COOKIE, 2 EA	
OCTOBER 19 WHOLE GRAIN BREAD POLLOCK FISH SANDWICH, 1EA KETCHUP/ CHEESE WHEAT HAMBURGER ROLL, 1EA STEAMED GREEN BEANS, 1/2C PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	OCTOBER 20 CHICKEN BREAST TENDERS, GLUTEN FREE, 3EA KETCHUP/HONEY MUSTARD CARROT COINS, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	OCTOBER 21 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1EA	OCTOBER 22 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 23 PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 26 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 27 CREAMY MACARONI & CHEESE , 1/2C BONELESS CHICKEN BREAST WING DINGS , 3EA KETCHUP MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C	OCTOBER 28 ITALIAN MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS GREEN BEANS, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2C PEACHES IN JUICE, 3/8C	OCTOBER 29 MEXICAN NACHO FIESTA , 1/2C (BEEF CRUMBLES) SHRED CHEDDAR , 1OZ CORN TORTILLA CHIPS, 1/2C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8C	OCTOBER 30 PROFESSIONAL DAY !!	

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

