

ST. THOMAS AQUINAS		OCTOBER 2017			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER 2 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	OCTOBER 3 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	OCTOBER 4 TURKEY CORN DOG NUGGETS, 6EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	OCTOBER 5 CHICKEN FAJITAS, 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	OCTOBER 6 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
OCTOBER 9 COLUMBUS DAY HOLIDAY !!	OCTOBER 10 **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	OCTOBER 11 WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	OCTOBER 12 NEW STEAK & CHEESE SUB ,1/2 C SUB ROLL, 1 EA FANCY SHRED MONTEREY & CHEDDAR CHEESE, 1 OZ SWEET YELLOW CORN, 1/2 C ALL NATURAL APPLESAUCE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	OCTOBER 13 NOON DISMISSAL	
OCTOBER 16 CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHED/MONTEREY CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	OCTOBER 17 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	OCTOBER 18 COUNTRY STYLE SALISBURY STEAK W/ 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, 1SL	OCTOBER 19 WHL GRAIN SPAGHETTI PASTA W/BEEF MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ WARM GARLIC BREAD, 1SL, SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	OCTOBER 20 PIZZA DAY TOSSED SALAD HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 23 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 3EA	OCTOBER 24 MACARONI & CHEESE, 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP 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 25 MEXICAN BEEF NACHO FIESTA, 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	OCTOBER 26 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	OCTOBER 27 PROFESSIONAL DAY	
OCTOBER 30 ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2C EGG ROLL W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	OCTOBER 31 LEAN BEEF CHEESEBURGER ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 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

