

ST. THOMAS AQUINAS		OCTOBER 2018			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>OCTOBER 1</b> <b>ROASTED TERIYAKI CHICKEN STRIPS</b> , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	<b>OCTOBER 2</b> <b>LEAN BEEF CHEESEBURGER</b> ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 3/8C	<b>OCTOBER 3</b> <b>TURKEY CORN DOG NUGGETS, 6EA</b> NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES IN JUICE, 3/8C	<b>OCTOBER 4</b> <b>CHICKEN FAJITAS</b> , 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	<b>OCTOBER 5</b> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA	
<b>OCTOBER 8</b>  <b>COLUMBUS DAY</b>  <b>HOLIDAY !!</b>	<b>OCTOBER 9</b> <b>**NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL</b> , 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	<b>OCTOBER 10</b> WHL GRAIN SWG BREADED <b>CHICKEN NUGGETS</b> , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	<b>OCTOBER 11</b> <b>*BREAKFAST FOR LUNCH*</b> WG BUTTERMILK PANCAKES, 2EA SYRUP (NO HFC) VANILLA YOGURT, 1/2C CHICKEN SAUSAGE PATTY, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<b>OCTOBER 12</b>  <b>NOON</b>  <b>DISMISSAL</b>	
<b>OCTOBER 15</b> <b>CHICKEN SLIDERS ON ROLLS</b> , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	<b>OCTOBER 16</b> <b>CHICKEN TENDERS, GLUTEN FREE</b> , 4EA NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	<b>OCTOBER 17</b> <b>SALISBURY STEAK W/ GRAVY</b> ,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	<b>OCTOBER 18</b> <b>WHL GRAIN SPAGHETTI PASTA W/BEEF &amp; TURKEY CRUMBLE MEAT MARINARA</b> , 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1SL SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<b>OCTOBER 19</b> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA	
<b>OCTOBER 22</b> <b>OVEN BAKED CHICKEN BREAST PATTY SANDWICH</b> , 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	<b>OCTOBER 23</b> <b>MACARONI &amp; CHEESE</b> , 1/2C <b>BONELESS CHICKEN BREAST CHUNK WING DINGS</b> , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	<b>OCTOBER 24</b> <b>MEXICAN NACHO FIESTA</b> , 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 PEARS IN JUICE, 3/8 C	<b>OCTOBER 25</b> <b>ITALIAN BEEF MEATBALL SUB</b> ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	<b>OCTOBER 26</b>  <b>PROFESSIONAL DAY</b>  <b>NO SCHOOL FOR STUDENTS</b>	
<b>OCTOBER 29</b> <b>ROASTED TERIYAKI CHICKEN STRIPS</b> , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	<b>OCTOBER 30</b> <b>LEAN BEEF CHEESEBURGER</b> ,1 EA WHEAT ROLL W/ NO HFC KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PEARS IN JUICE, 3/8C	<b>OCTOBER 31</b> <b>TURKEY CORN DOG NUGGETS, 6EA</b> NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES 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

