

ST. THOMAS AQUINAS		OCTOBER 2020			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			OCTOBER 1 CHICKEN FAJITAS, NAE, 1/2 C LO-FAT SHREDDED CHEDDAR, 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH BANANA, 1EA	OCTOBER 2 EARLY DISMISSAL NO LUNCH SERVED	
OCTOBER 5 BEEF MEATBALLS & GRAVY, 5EA WHOLE GRAIN BROWN RICE, 1/2C FRESH BABY CARROTS, 1/2C RANCH DRESSING PACKET (SMALL) PINEAPPLE TIDBITS, 1/2C	OCTOBER 6 PIZZA PASTA BAKE, 3/4C WG PASTA, MARINARA, BEEF CRUMBLES, CHICKEN & BEEF PEPPERONI SHRED MOZZARELLA, 1/2OZ STEAMED GREEN BEANS, 1/2C FRESH BANANA, 1EA	OCTOBER 7 NOON DISMISSAL ANNOUNCED ANY ORDERS IN PLACE WILL BE ISSUED REFUNDS	OCTOBER 8 CHEESEBURGER MEATLOAF, 1/2 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C FRESH GOLDEN DELICIOUS APPLE, 1EA	OCTOBER 9 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 12 INDIGENOUS PEOPLE'S DAY HOLIDAY HOLIDAY	OCTOBER 13 CHICKEN TENDERS, GLUTEN FREE , 4EA KETCHUP PKT, 4EA WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS, 1/2C RANCH DRESSING PACKET (SMALL) FRESH APPLE, 1EA RED DELICIOUS APPLE, 1EA	OCTOBER 14 NOON DISMISSAL ANNOUNCED ANY ORDERS IN PLACE WILL BE ISSUED REFUNDS	OCTOBER 15 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C PARMESAN CHEESE, 1 OZ BABY SPINACH LEAVES, 1/2C RANCH DRESSING PACKET (SMALL) FRESH BANANA, 1EA	OCTOBER 16 PIZZA DAY TOSSED SALAD CHOCOLATE CHIP COOKIE, 2 EA	
OCTOBER 19 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL KETCHUP PKT, 2EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 1/2C	OCTOBER 20 CREAMY MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHOLE GRAIN BREAD, 1 EA BABY CARROTS, BROCCOLI, 1/2C RANCH DRESSING PKT, (SMALL) FRESH BANANA, 1 EA	OCTOBER 21 MEXICAN NACHO FIESTA, 1/2 C SHREDDED CHEDDAR , 1 OZ GF CORN TORTILLA CHIPS, 1/2 C SWEET YELLOW CORN, 1/2C FRESH HONEY DEW MELON, 1SL	OCTOBER 22 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ TOSSED SALAD W/ MIXED GREENS, 1/2C RANCH DRESSING PKT (SMALL) FRESH GALA APPLE, 1EA	OCTOBER 23 NOON DISMISSAL ANNOUNCED ANY ORDERS IN PLACE WILL BE ISSUED REFUNDS	
OCTOBER 26 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA WHOLE GRAIN BROWN RICE, 1/2 C BABY CARROTS, 1/2 C (SMALL) MIXED PEACHES & PEARS IN JUICE, 3/8 C	OCTOBER 27 LEAN BEEF CHEESEBURGER , 1 EA W/ NO HFC KETCHUP PKT, 2EA CHEDDAR CHEESE SLICE, 1EA SWEET YELLOW CORN, 1/2 C RED DELICIOUS APPLE, 1EA	OCTOBER 28 NOON DISMISSAL ANNOUNCED ANY ORDERS IN PLACE WILL BE ISSUED REFUNDS	OCTOBER 29 CHICKEN FAJITAS, NAE, 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT TORTILLAS, 2 EA SALSA, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH BANANA, 1EA	OCTOBER 30 NO SCHOOL	

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