

| ST. THOMAS AQUINAS | | SEPTEMBER 2009 | | | BK PORTIONS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | <u>SEPTEMBER 1</u> | <u>SEPTEMBER 2</u> | <u>SEPTEMBER 3</u> | <u>SEPTEMBER 4</u> | |
| <u>SEPTEMBER 7</u> LABOR DAY HOLIDAY !! | <u>SEPTEMBER 8</u> BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA | <u>SEPTEMBER 9</u> BEEF CHEESEBURGER , 1 EA W/ CATSUP SWEET YELLOW CORN, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD PINEAPPLE TIDBITS, 3/8 C PICKLE COINS, 2 EA | <u>SEPTEMBER 10</u> NACHO MEAT, 2 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C | <u>SEPTEMBER 11</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA | |
| <u>SEPTEMBER 14</u> TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEACHES, 3/8 C | <u>SEPTEMBER 15</u> ITALIAN TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 EA CHILLED APPLESAUCE, 1/4 C | <u>SEPTEMBER 16</u> BEEF HOT DOGS, 2EA CHILI, CHEESE, & CATSUP CHIPS, 1/2C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C | <u>SEPTEMBER 17</u> ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 3/4 C SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 EA TOSSED SALAD, 1/2 C FRESH BANANA, 1 EA | <u>SEPTEMBER 18</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA | |
| <u>SEPTEMBER 21</u> CHILI / NO BEANS, 3/4 C SHRED CHEDDAR CHEESE SALTINE CRACKERS, 6 EA GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA | <u>SEPTEMBER 22</u> HAWAIIAN TURKEY MEATBALLS, 5 EA BRN WHL GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C | <u>SEPTEMBER 23</u> CHICKEN ALFREDO, 3/4C PEAS & CARROTS, 1/2C GARLIC BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA | <u>SEPTEMBER 24</u> *COOK-OUT* HAMBURGERS & HOT DOGSW/ CATSUP & MUSTARD LETTUCE, TOMATO, & PICKLE SPEAR BAKED SUN CHIPS, 1EA CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA | <u>SEPTEMBER 25</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA | |
| <u>SEPTEMBER 28</u> SOFT CHICKEN TACO, 1/3 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 1/2 OZ WARM SOFT TORTILLA, 2 EA LO-FAT SHREDDED CHEDDAR , 1 OZ CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA | <u>SEPTEMBER 29</u> TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1 EA FRESH ORANGE WEDGES, 2 PCS SWEET TENDER PEAS, 1/2 C | <u>SEPTEMBER 30</u> 4" HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD DICED PEACHES | | | |

Portions meet CACFP requirements for 6 to 12 year olds. 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