

ST. THOMAS AQUINAS		SEPTEMBER 2010			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>SEPTEMBER 1</u>  HOPE YOU ENJOYED  YOUR SUMMER  VACATION!!!	<u>SEPTEMBER 2</u>  HOPE YOU ENJOYED  YOUR SUMMER  VACATION!!!	<u>SEPTEMBER 3</u>  HOPE YOU ENJOYED  YOUR SUMMER  VACATION!!!	
<u>SEPTEMBER 6</u>  LABOR DAY  HOLIDAY !!	<u>SEPTEMBER 7</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 8</u> ITALIAN TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 EA CHILLED PEACHES, 1/4 C	<u>SEPTEMBER 9</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 CANTALOUPE, 1 EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<u>SEPTEMBER 10</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 13</u> TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD CHILLED DICED PEACHES, 3/8 C	<u>SEPTEMBER 14</u> LEAN 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 15</u> 4 HORMELHAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C HOT MIXED VEGETABLE, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD CHILLED MIXED FRUITO 3/8C	<u>SEPTEMBER 16</u> TURKEY CORN DOG NUGGETS, 6 EA W/ CATSUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8C	<u>SEPTEMBER 17</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<u>SEPTEMBER 20</u> CHILI MAC, 3/4 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE SALTINE CRACKERS, 6 EA GREEN BEANS, 1/2 C CHILLED DICED PEACHES, 3/8 C TOSSED SALAD FRESH BANANA, 1 EA	<u>SEPTEMBER 21</u> ALL BEEF HOT DOG ON ROLL, 2 EA CHILI & CHEESE & CATSUP CHIPS, 1/2 C SWEET YELLOW CORN, 1/2 C CANTALOUPE, 1 SL TOSSED SALAD FRESH ORANGE WEDGES, 2 PCS	<u>SEPTEMBER 22</u> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<u>SEPTEMBER 23</u> MACARONI & CHEESE, 3/4 C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED MIXED FRUIT, 3/8 C	<u>SEPTEMBER 24</u>  NOON DISMISSAL	
<u>SEPTEMBER 27</u> SOFT CHICKEN TACO, 1/3 C DICED CHIC BREST 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 28</u> PHILLY CHEESE STEAK, 3OZ WARM CHEESE, 1OZ SUB ROLL, 1EA SHRED LETTUCE PEPPERS & ONIONS YELLOWCORN, 1/2C CHILLED MIXED FRUIT, 3/8C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<u>SEPTEMBER 29</u> SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<u>SEPTEMBER 30</u> WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA, 3/4 C W/ PARM CHEESE, 1 OZ DINNER ROLL, 1 EA HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2 EA		

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

