

## ST. THOMAS AQUINAS

## SEPTEMBER 2012

## BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER 3</b> <b>LABOR DAY HOLIDAY!!!!</b>	<b>SEPTEMBER 4</b> OVEN BAKED CHICKEN PATTY ON WHOLE WHEAT BUN, 1 EA W/ KETCHUP & PICKLE COINS, 2EA SWEET TNERDER PEAS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, W/ DRESSING, 1/2C CHILLED APPLESAUCE, 3/8 C	<b>SEPTEMBER 5</b> ITALIAN BEEF & TURKEY MEATBALL SUB, 5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GREEN BEANS, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA CHILLED DICED PEACHES, 3/8C	<b>SEPTEMBER 6</b> 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 ORANGE WEDGES, 2EA TOSSED SALAD, 1/2 C CHILLED DICED PEARS, 3/8 C	<b>SEPTEMBER 7</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
<b>SEPTEMBER 10</b> 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	<b>SEPTEMBER 11</b> LEAN BEEF CHEESEBURGER , 1 EA W/ KETCHUP, PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD CHILLED MIXED FRUIT, 3/8 C	<b>SEPTEMBER 12</b> <b>**CHICKEN FAJITAS**</b> , 2OZ WARM SOFT TORTILLAS, 2EA SHRED CHEDDAR, 1OZ SOUR CREAM, SALSA, SHRED LETTUCE GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD CHILLED APPLESAUCE, 3/8C	<b>SEPTEMBER 13</b> TURKEY CORN DOG NUGGETS, 6 EA W/ KETCHUP SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C DICED PEARS IN JUICE, 3/8C	<b>SEPTEMBER 14</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA
<b>SEPTEMBER 17</b> CREAMY MACARONI & CHEESE W/ WHOLE GRAINS, 3/4C WHEAT DINNER ROLL, 1EA SWEET TENDER PEAS, 1/2C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<b>SEPTEMBER 18</b> <b>**NITRITE FREE**</b> ALL BEEF HOT DOG ON ROLL, 2EA CHILI & SHREDDED CHEDDAR CHEESE & KETCHUP CHIPS, 1/2 C SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD PINEAPPLE TIDBITS, 3/8C	<b>SEPTEMBER 19</b> WHOLE WHEAT PENNE PASTA W/ BOLOGNESE SAUCE, 3/4C WARM GARLIC BREAD, 1SL FRESH SAUTEED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>SEPTEMBER 20</b> 4" ALL NATURAL METRO DELI HAM & CHEESE SUB, 1EA SHRED LETTUCE & TOMATO ON SIDE, 1/2C CHIPS, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C PEARS IN JUICE, 1/2C TOSSED SALAD , 1/2C FRESH ORANGE WEDGES, 2 PCS	<b>SEPTEMBER 21</b> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
<b>SEPTEMBER 24</b> <b>**SOUTH OF THE BORDER**</b> SOFT BEEF TACOS, 2OZ SOFT WARM TORTILLAS, 2EA LO-FAT SHRED CHEDDAR, 1OZ SOUR CREAM/SALSA MEXICAN RICE, 1/2C CHILLED DICED PEARS, 1/2 C TOSSED SALAD, 1/2 C MIXED FRUIT IN JUICE, 3/8C	<b>SEPTEMBER 25</b> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 5 EA SAVORY MASHED POTATOES, 1/2 C 100% WHOLE GRAIN BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C APPLE, 1 EA	<b>SEPTEMBER 26</b> 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 FRESH ORANGE WEDGES, 2EA	<b>SEPTEMBER 27</b> <b>PROFESSIONAL</b> <b>DEVELOPMENT</b>  <b>NOON</b>  <b>DISMISSAL</b>	<b>SEPTEMBER 28</b> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA <b>8TH GRADE FIELD TRIP</b>

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