

ST. THOMAS AQUINAS		SEPTEMBER 2014			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SEPTEMBER 1 LABOR DAY HOLIDAY !!!!!	SEPTEMBER 2 CREAMY WG MACARONI & CHEESE , 1/2C BONELESS WING DINGS W/ KETCHUP, 3EA WHEAT DINNER ROLL, 1 EA SWEET TENDER PEAS, 1/2C FRESH APPLE, 1 EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C	SEPTEMBER 3 ITALIAN MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS VEGETABLE OF THE DAY, 1/2 C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 EA PEACHES IN JUICE, 3/8C	SEPTEMBER 4 MEXICAN NACHO FIESTA ,1/2 C SHREDDED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 5 PIZZA DAY TOSSED SALAD, 1/2 C OTIS SPUNKMYER CHOCOLATE CHIP COOKIE, 2 EA	
SEPTEMBER 8 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	SEPTEMBER 9 ALL BEEF HAMBURGER OR CHEESE BURGER , 1EA W/ KETCHUP & PICKLE COINS SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD MIXED FRUIT IN JUICE, 3/8C	SEPTEMBER 10 CHICKEN FAJITAS ,1/2C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA / SOUR CREAM/ SHRED LETTUCE, 1/2 OZ MEXICAN RICE, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 11 CHILI CHEESE HOT DOGS ON A BUN (ALL NATURAL NO ADDED NITRITES), 2EA VEGGIE BAKED BEANS, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	SEPTEMBER 12 PIZZA DAY TOSSED SALAD OTIS SPUNKMYER OATMEAL RAISIN COOKIE, 2 EA	
SEPTEMBER 15 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ORANGE WEDGES, 2EA TOSSED SALAD, 1/2 C PEAR IN JUICE, 3/8C	SEPTEMBER 16 PHILLY CHEESE STEAK , 1/2C WARM CHEESE SAUCE, 1OZ PEPPERS & ONIONS, 1/2OZ SUB ROLL, 1EA SCANDANAVIAN PLUS VEG, 1/2C FRESH BANANA, 1EA TOSSED SALAD W/ RANCH, 1/2 C PEACHES IN JUICE, 3/8C	SEPTEMBER 17 BEEF SLOPPY JOES, 1/2C WW HAMBURGER ROLL, 1EA LAY'S POTATO CHIPS, 1EA STEAMED GREEN BEANS, 1/2C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	SEPTEMBER 18 WG BREADED CHICKEN BITES , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH CANTALOUPE, 1SL	SEPTEMBER 19 PIZZA DAY TOSSED SALAD, 1/2 C OTIS SPUNKMYER SUGAR COOKIE, 2 EA	
SEPTEMBER 22 JERK CHICKEN , 2EA CARRIBBEAN RICE & BEANS, 1/2C VEGETABLE MEDLEY, 1/2C PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	SEPTEMBER 23 BEEF TACO, 1/2C SOFT WARM TORTILLA, 2EA SHRED CHEDDAR, 1OZ SALSA, SOUR CREAM SHRED LETTUCE, 1/2C BABY CARROTS, 1/2C RANCH DIP SEEDLESS GRAPES, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8	SEPTEMBER 24 COUNTRY STYLE SALISBURY STEAK, 1EA RED SKIN MASHED POTATOES, 1/2C WHEAT DINNER ROLL, 1EA PINEAPPLE TIDBITS, 3/8C TOSSED SALAD, 1/2C FRESH CANTALOUPE, 1SL	SEPTEMBER 25 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MARINARA SAUCE, 3/4 C WARM GARLIC BREAD, 1SL SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	SEPTEMBER 26 PROFESSIONAL DAY NO SCHOOL FOR STUDENTS	
SEPTEMBER 29 ITALIAN BEEF LASAGNA , 3/4C WARM GARLIC BREAD, 1EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	SEPTEMBER 30 GENERAL TSO CHICKEN, 4EA JASMINE RICE, 1/2C EGG ROLLS W/ DIPPING SAUCE, 1EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8 C				

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

