

ST. THOMAS AQUINAS		SEPTEMBER 2015			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> 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 CHILLED DICED PEACHES IN JUICE, 3/8 C	<u>SEPTEMBER 9</u> CHICKEN FAJITAS , 1/2C SHRED CHEDDAR, 1OZ WM SOFT TORTILLAS, 2EA SALSA/SOUR CREAM/ SHRED LETTUCE, 1/2OZ MEXICAN RICE, 1/2C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	<u>SEPTEMBER 10</u> TURKEY CORN DOG NUGGETS ,6EA W/ KETCHUP (100%)OVEN ROASTED POTATOES, 1/2C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2PCS TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	<u>SEPTEMBER 11</u> PIZZA DAY TOSSED SALAD HOME BAKED SUGAR COOKIE, 2 EA	
<u>SEPTEMBER 14</u> POLLOCK FISH STICKS , 4EA NO HFC KETCHUP MACARONI & CHEESE , 1/2C SWEET TENDER PEAS, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLES, 1EA	<u>SEPTEMBER 15</u> **NITRITE FREE** CHICKEN HOT DOG ON ROLL , 2EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP GARDEN SALSA SUN CHIPS, 1EA CARROT COINS, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEACHES IN JUICE, 3/8C	<u>SEPTEMBER 16</u> **BRKFEST FOR LUNCH ** BUTTERMILK WG PANCAKES W/ SYRUP, 2EA SOUTHERN FRIED POTATOES, 1/2C TURKEY SAUSAGE PATTY, 2EA DANIMALS VANILLA YOGURT, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	<u>SEPTEMBER 17</u> JENNIO TURKEY BURGER , 1EA WHEAT HAMBURGER ROLL, 1EA NO HFC KETCHUP & PICKLE COINS CAESAR SALAD W/ DRESSING, 1/2 C ORANGE WEDGES, 2EA TOSSED SALAD, 1/2 C MIXED FRUIT, 3/8C	<u>SEPTEMBER 18</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 21</u> MINI WG CHEESE RAVIOLI , 3/4C MOZZARELLA CHEESE, 1OZ STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH ORANGES, 2 EA	<u>SEPTEMBER 22</u> CHICKEN BREAST TENDERS, GLUTEN FREE , 3EA KETCHUP/HONEY MUSTARD FRESH BABY CARROTS W/ RANCH , 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	<u>SEPTEMBER 23</u> COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1EA	<u>SEPTEMBER 24</u> 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	<u>SEPTEMBER 25</u> NOON DISMISSAL	
<u>SEPTEMBER 28</u> OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<u>SEPTEMBER 29</u> CREAMY MACARONI & CHEESE , 3/4 C WHEAT 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 IN JUICE, 3/8 C	<u>SEPTEMBER 30</u> ITALIAN MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS GREEN BEANS, 1/2C FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2C PEACHES IN JUICE, 3/8C			

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