

ST. THOMAS AQUINAS		SEPTEMBER 2016			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<u>SEPTEMBER 1</u>	<u>SEPTEMBER 2</u>	
			HOPE YOU HAD A	NICE SUMMER!!!	
<u>SEPTEMBER 5</u> LABOR DAY HOLIDAY !!	<u>SEPTEMBER 6</u> ROASTED TERIYAKI CHICKEN STRIPS, 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLL W/ DIPPING SAUCE, 1EA 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 7</u> TURKEY CORN DOG NUGGETS ,6 EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	<u>SEPTEMBER 8</u> CHICKEN FAJITAS, 1/2 C SHRED CHEDDAR , 1 OZ WARM TORTILLAS, 2 EA SALSA/SOUR CREAM, 1/2 OZ GREEN BEANS, 1/2 C FRESH APPLE, 1EA TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	<u>SEPTEMBER 9</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 12</u> BEEF MEATBALLS & GRAVY, 5EA BUTTERED PASTA, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	<u>SEPTEMBER 13</u> **NITRITE FREE** ALL CHICKEN HOT DOG ON ROLL , 2 EA CHILI, SHRED CHEDDAR CHEESE, KETCHUP CARROT COINS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	<u>SEPTEMBER 14</u> WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	<u>SEPTEMBER 15</u> BREAKFAST FOR LUNCH!! WG BUTTERMILK PANCAKES, 2EA SYRUP VANILLA YOGURT, 3/4C TURKEY SAUSAGE PATTY, 2EA CHILLED APPLESAUCE, 1/2 C TOSSED SALAD W/ RANCH, 1/2 C FRESH APPLE, 1 EA	<u>SEPTEMBER 16</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED SUGAR COOKIE, 2 EA	
<u>SEPTEMBER 19</u> WG BREADED OVEN FRIED DRUMSTICK, 1EA STEAMED GREEN BEANS, 1/2C WHEAT DINNER ROLL, 1EA CHILLED DICED PEARS IN JUICE, 1/2 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	<u>SEPTEMBER 20</u> CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	<u>SEPTEMBER 21</u> COUNTRY STYLE SALISBURY STEAK W/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 22</u> WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ WARM GARLIC BREAD, 1SL, SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	<u>SEPTEMBER 23</u> PROFESSIONAL DAY NO SCHOOL FOR STUDENTS!	
<u>SEPTEMBER 26</u> OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	<u>SEPTEMBER 27</u> CREAMY MACARONI & CHEESE, 1/2 C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA TOSSED SALAD, 1/2 C CHILLED PEARS JUICE, 3/8 C	<u>SEPTEMBER 28</u> MEXICAN NACHO FIESTA, 1/2 C SHRED CHEDDAR , 1 OZ CORN TORTILLA CHIPS, 1/2 C SOUR CREAM/SALSA BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, 1/2 C ALL NATURAL APPLESAUCE, 3/8 C	<u>SEPTEMBER 29</u> ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHRED MOZZARELLA CHEESE, 1 OZ PEPPERS & ONIONS GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	<u>SEPTEMBER 30</u> PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED OATMEAL RAISIN COOKIE, 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

