

ST. THOMAS AQUINAS **SEPTEMBER 2017** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SEPTEMBER 1 HOPE YOU HAD A NICE SUMMER!
SEPTEMBER 4 LABOR DAY HOLIDAY !!	SEPTEMBER 5 CREAMY MACARONI & CHEESE, 3/4C STEAMED GREEN BEANS, 1/2 C CHILLED DICED PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	SEPTEMBER 6 TURKEY CORN DOG NUGGETS ,6 EA W/ NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	SEPTEMBER 7 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	SEPTEMBER 8 PIZZA DAY TOSSED SALAD FRESH BAKED SUGAR COOKIE, 2 EA
SEPTEMBER 11 BEEF MEATBALLS & GRAVY, 5EA WHOLE GRAIN BROWN RICE, 1/2C FRESH BABY CARROTS W/ DIP, 1/2C FRESH PLUM, 1EA TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	SEPTEMBER 12 **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	SEPTEMBER 13 WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MIXED FRUIT IN JUICE, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	SEPTEMBER 14 NEW STEAK & CHEESE SUB , 1/2C SUB ROLL, 1EA SHRED MOZZARELLA, 1OZ GRILLED PEPPERS & ONIONS, 1/2OZ NACHO DORITOS, 1EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH CANTALOUPE, 1SL	SEPTEMBER 15 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA
SEPTEMBER 18 CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHED/MONTEREY CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	SEPTEMBER 19 CHICKEN BREAST TENDERS, GLUTEN FREE, 4EA KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/ RANCH, 1/2C FRESH APPLE, 1EA TOSSED SALAD, 1/2C CHILLED ALL NATURAL APPLESAUCE, 3/8C	SEPTEMBER 20 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 PLUM, 1EA	SEPTEMBER 21 WHL GRAIN SPAGHETTI PASTA W/BEEF 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	SEPTEMBER 22 PROFESSIONAL DAY NOON DISMISSAL
SEPTEMBER 25 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, 3EA	SEPTEMBER 26 MACARONI & CHEESE, 1/2C 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 PEARS IN JUICE, 3/8 C	SEPTEMBER 27 MEXICAN BEEF NACHO FIESTA , 1/2C SHRED CHEDDAR , 1OZ CORN TORTILLA CHIPS, 1/2C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C TOSSED SALAD, RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	SEPTEMBER 28 ITALIAN BEEF MEATBALL SUB ,5EA SUB ROLL, 1EA SHREDDED MOZZARELLA CHEESE, 1OZ PEPPERS & ONIONS GREEN BEANS, 1/2C PEACHES IN JUICE, 3/8C TOSSED SALAD, RANCH, 1/2C FRESH PLUM, 1EA	SEPTEMBER 29 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP 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