

ST. THOMAS AQUINAS **SEPTEMBER 2018** **BK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 3 LABOR DAY HOLIDAY !!	SEPTEMBER 4 ROASTED TERIYAKI CHICKEN STRIPS , 5 EA BRN WHL GRAIN RICE, 1/2 C EGG ROLLS W/ DIPPING SAUCE, 1EA BABY CARROTS W/DIP, 1/2 C PEARS IN JUICE, 3/8 C TOSSED SALAD W/RANCH, 1/2C FRESH APPLE, 1EA	SEPTEMBER 5 BEEF CORN DOG ON A STICK , 2EA NO HFC KETCHUP 100% OVEN ROASTED POTATOES, 1/2C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD, 1/2 C MANDARIN ORANGES, 3/8C	SEPTEMBER 6 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 7 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA
SEPTEMBER 10 BEEF SLIDERS ON BUNS , 2EA NO HFC KETCHUP STEAMED GREEN BEANS, 1/2C ALL NATURAL APPLESAUCE, 3/8C TOSSED SALAD, 1/2 C PEARS IN JUICE, 3/8C	SEPTEMBER 11 **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 12 WG BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP/HONEY MUSTARD CAESAR SALAD W/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA MANDARIN ORANGES, 3/8C TOSSED SALAD FRESH ORANGE WEDGES, 2EA	SEPTEMBER 13 *BREAKFAST FOR LUNCH* WG BUTTERMILK PANCAKES, 2EA SYRUP (NO HFC) VANILLA YOGURT, 1/2C CHICKEN SAUSAGE PATTY, 1EA APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA	SEPTEMBER 14 PIZZA DAY TOSSED SALAD, 1/2 C FRESH BAKED OATMEAL RAISIN COOKIE, 2 EA
SEPTEMBER 17 CHICKEN SLIDERS ON ROLLS , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP (NO HFC) STEAMED GREEN BEANS, 1/2 C MIXED FRUIT IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH ORANGE WEDGES, 2EA	SEPTEMBER 18 CHICKEN TENDERS, GLUTEN FREE , 4EA NO HFC KETCHUP/HONEY MUSTARD WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS W/RANCH DIP, 1/2C FRESH APPLE, 1EA TOSSED SALADW/ RANCH, 1/2C ALL NATURAL APPLESAUCE, 3/8C	SEPTEMBER 19 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, 1SL	SEPTEMBER 20 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MEAT MARINARA , 3/4 C W/ PARM CHEESE, 1 OZ ITALIAN BREAD, 1SL SWEET YELLOW CORN, 1/2C PEARS IN JUICE, 3/8 C TOSSED SALAD, 1/2 C FRESH BANANA, 1EA	SEPTEMBER 21 NOON DISMISSAL
SEPTEMBER 24 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 25 MACARONI & CHEESE , 1/2C BONELESS CHICKEN BREAST CHUNK WING DINGS , 4EA NO HFC KETCHUP MIXED FRESH VEGETABLE W/RANCH DIP, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C PEARS IN JUICE, 3/8 C	SEPTEMBER 26 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 PEARS IN JUICE, 3/8 C	SEPTEMBER 27 ITALIAN BEEF MEATBALL SUB ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ GRILLED PEPPERS & ONIONS, 1/2OZ GREEN BEANS, 1/2 C PEACHES IN JUICE, 3/8C TOSSED SALAD, 1/2 EA FRESH CANTALOUPE, 1SL	SEPTEMBER 28 PIZZA DAY TOSSED SALAD, 1/2 C FRESH 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