

ST. THOMAS AQUINAS		SEPTEMBER 2020			BK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<u>SEPTEMBER 1</u>	<u>SEPTEMBER 2</u>	<u>SEPTEMBER 3</u>	<u>SEPTEMBER 4</u>	<b><u>WELCOME</u></b> <b><u>BACK!!!!</u></b>
<u>SEPTEMBER 7</u> <b>LABOR DAY HOLIDAY !!</b>	<u>SEPTEMBER 8</u> <b>BEEF MEATBALLS &amp; GRAVY, 5EA</b> WHOLE GRAIN BROWN RICE, 1/2C FRESH BABY CARROTS, 1/2C RANCH DRESSING PACKET (SMALL) PINEAPPLE TIDBITS, 1/2C	<u>SEPTEMBER 9</u> <b>NAE WG BREADED CHICKEN NUGGETS</b> , 6EA W/ KETCHUP PKT, 4EA CAESAR SALAD W/ DRESSING, 1/2C PAREMSAN CHEESE 1/2OZ FRESH ORANGE WEDGES, 4EA	<u>SEPTEMBER 10</u> <b>CHEESEBURGER MEATLOAF</b> , 1EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/2 C GOLDEN DELICIOUS APPLE, 1EA	<u>SEPTEMBER 11</u> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 14</u> <b>CHICKEN SLIDERS ON ROLLS</b> , 2EA SLIDER ROLL, 2EA FANCY SHREDDED CHEDDAR CHEESE, 1OZ KETCHUP PKT, 2EA STEAMED GREEN BEANS, 1/2 C MIXED PEACHES 7 PEARS IN JUICE, 1/2C	<u>SEPTEMBER 15</u> <b>CHICKEN TENDERS, GLUTEN FREE</b> , 4EA KETCHUP PKT, 4EA WHOLE GRAIN RICE, 1/2C FRESH BABY CARROTS, 1/2C RANCH DRESSINGPACKET (SMALL) FRESH APPLE, 1EA RED DELICIOUS APPLE, 1EA	<u>SEPTEMBER 16</u> <b>SALISBURY STEAK W/ GRAVY</b> , 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA FRESH CANTALOUPE, 1SL	<u>SEPTEMBER 17</u> <b>WHL GRAIN SPAGHETTI PASTA W/BEEF &amp; TURKEY CRUMBLE MEAT MARINARA</b> , 3/4 C PARMESAN CHEESE, 1 OZ BABY SPINACH LEAVES, 1/2C RANCH DRESSING PACKET (SMALL) FRESH BANANA, 1EA	<u>SEPTEMBER 18</u> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 21</u> <b>OVEN BAKED CHICKEN BREAST PATTY SANDWICH</b> , 1 EA WHEAT HAMBURGER ROLL KETCHUP PKT, 2EA SWEET TENDER PEAS, 1/2 C ALL NATURAL APPLESAUCE, 1/2C	<u>SEPTEMBER 22</u> <b>CREAMY MACARONI &amp; CHEESE W/ WHOLE GRAINS</b> , 3/4 C WHOLE GRAIN BREAD, 1 EA BABY CARROTS, BROCCOLI, 1/2C RANCH DRESSING PKT, (SMALL) FRESH BANANA, 1 EA	<u>SEPTEMBER 23</u> <b>MEXICAN NACHO FIESTA</b> , 1/2 C SHREDDED CHEDDAR, 1 OZ GF CORN TORTILLA CHIPS, 1/2 C SWEET YELLOW CORN, 1/2C FRESH HONEY DEW MELON, 1SL	<u>SEPTEMBER 24</u> <b>ITALIAN BEEF MEATBALL SUB</b> ,5 EA SUB ROLL, 1 EA SHREDDED MOZZARELLA CHEESE, 1 OZ TOSSED SALAD W/ MIXED GREENS, 1/2C RANCH DRESSING PKT (SMALL) FRESH GALA APPLE, 1EA	<u>SEPTEMBER 25</u> <b>PIZZA DAY</b> TOSSED SALAD FRESH BAKED CHOCOLATE CHIP COOKIE, 2 EA	
<u>SEPTEMBER 28</u> <b>ROASTED TERIYAKI CHICKEN STRIPS</b> , 5 EA WHOLE GRAIN BROWN RICE, 1/2 C BABY CARROTS, 1/2 C (SMALL) MIXED PEACHES & PEARS IN JUICE, 3/8 C	<u>SEPTEMBER 29</u> <b>LEAN BEEF CHEESEBURGER</b> , 1 EA W/ NO HFC KETCHUP PKT, 2EA SWEET YELLOW CORN, 1/2 C RED DELICIOUS APPLE, 1EA	<u>SEPTEMBER 30</u> <b>TURKEY CORN DOG NUGGETS</b> ,6 EA W/ NO HFC KETCHUP PKT, 4EA TSSSED SLAD W RANCH PC, 1EA ORANGE WEDGES, 4PCS			

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

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