

St. Thomas Aquinas School

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 Three Cheese Tortellini Peas & Carrots Garlic Buttered Bread ½ a Banana	4 Soft Chicken Tacos w/lettuce, tomato, cheese, sour cream and mild salsa Sweet Corn Crispy Romaine Salad w/ shaved carrots & buttermilk ranch Strawberry Jello	5 Cheese or Pepperoni Pizza (Cheese Only at Lower School) Carrot Sticks w/ buttermilk ranch Buttermilk Caesar Salad Whole Baby Oranges	6 Italian Meatball Sub Sandwich Broccoli w/ ranch dressing Pasta Salad Strawberry Jello	7 Breaded Chicken Fingers Oven Roasted Potatoes Sweet Peas Chocolate Pudding
10 Penne Pasta with Meat Sauce Buttermilk Caesar Salad Garlic Buttered Bread ½ a Banana	11 Brunch for Lunch Buttermilk Pancakes with butter & syrup Breakfast Sausage Cinnamon Applesauce	12 Cheese or Pepperoni Pizza (Cheese Only at Lower School) Carrot Sticks w/buttermilk ranch Crispy Romaine Salad w/ shaved carrots & buttermilk ranch Chocolate Pudding	13 Grilled Cheese Sandwich Tomato Cream Soup Broccoli w/buttermilk ranch Oatmeal Raisin Cookie	14 Cheeseburger Lettuce, Tomato, Pickles Baked Home Fries Washington Apple Slices
17 Chicken Tetrazzini Steamed Broccoli Garlic Buttered Bread Orange Slices	18 Cheese Enchiladas Saffron Rice Pinto Beans Chocolate Pudding	19 Cheese or Pepperoni Pizza (Pepperoni Only at Lower School) Sweet Corn Buttermilk Caesar Salad Mandarin Oranges	20 Meatloaf Garlic Mashed Potatoes Black-eyed Peas Peaches in Light Syrup	21 Breaded Chicken Fingers Oven Roasted Potatoes Sweet Peas Chocolate Pudding
24 Baked Ziti Steamed Broccoli Garlic Buttered Bread ½ a Banana	25 Crispy Beef Tacos w/ lettuce, tomato, cheese, sour cream and mild salsa Saffron Rice Pinto Beans Oatmeal Raisin Cookie	26 Cheese or Pepperoni Pizza (Pepperoni Only at Lower School) Broccoli w/ buttermilk ranch Buttermilk Caesar Salad ½ a Banana	27 Chili Mac French Green Beans Cornbread Oatmeal Raisin Cookie	28 No School
31 Three Cheese Ravioli with marinara Green Beans Garlic Buttered Bread Washington Apple Slices	1	2	3	4

Ham and/or Turkey and/or Cheese Sandwiches available at lunch daily