



"Providing the Absolute Best in Food and Facility Management"

LUNCH MENU For AQUINAS ACADEMY

May 2 thru June 1, 2011

Food Service Manager
 Jackie Samek
 724-834-7940
 Ext. 404

Flavored milk available daily.

Please listen to the announcements for any menu changes this month.


A Triple Decker Peanut Butter and jelly sandwich is available every-day as one of your menu choices!

Menu Subject to Change



Whole grain foods are good sources of fiber.

www.gotoinnutrition.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SECOND CHOICE</u>
2 Grilled Chicken Sandwich Corn Nibbles Fresh Apple Low Fat Milk	3 Nachos Grande w/lettuce, tomato and salsa Slice Pears Low Fat Milk	4 Italian Dunkers With Meatballs And Sauce Salad Chilled Peaches Low Fat Milk	5 Pancakes w/Ham Hashbrown Potatoes Fresh Veggies Low Fat Milk	6 Chicken Fries Scalloped Potatoes Mandarin Oranges Low Fat Milk	Turkey & Cheese Wrap Or Grilled Chicken Salad With Roll and Butter
9 French Toast w/Ham Tator Tots Mixed Veggies Pineapple Chunks Low Fat Milk	10 Assorted Pizza Steamed Corn Applesauce Low Fat Milk	11 Hot Dog on a bun French Fries Applesauce Low Fat Milk	12 Pasta W/Meatballs Salad Fresh Orange Low Fat Milk	13 Crusade No hot lunch served	California Chicken Wrap Or Chef Salad with Roll and Butter
16 No School	17 Turkey Sandwich With Gravy French Fries Fresh Orange Low Fat Milk	18 Waffles w/ham Hashbrown Potatoes Mandarin Oranges Low Fat Milk	19 Chicken Strips Veggie Sticks Pineapple Tidbits Low Fat Milk	20 Hamburger/Cheeseburger Carrot Sticks Peaches Low Fat Milk	BBQ Rib Sandwich Or Deli Turkey Salad w/roll and butter
23 Salisbury Steak Shoestring Fries Fresh Veggies Low Fat Milk	24 Assorted Breaded Chicken Dinner Roll Tossed Salad Mandarin Oranges Smiles Low Fat Milk	25 Tacos Lettuce, tomato salsa Peaches Low Fat Milk	26 Grilled Cheese Seasoned Peas Pears Low Fat Milk	27 Breakfast Assortment With Ham Hashbrown Potatoes Pineapple Tidbits Low Fat Milk	Western Cheeseburger Or Chicken Tender Salad w/ roll and butter
30 Memorial Day No School	31 Assorted Pizza Salad Pears Low Fat Milk	1 Mini Corn Dogs French Fries Pineapple Tidbits Low Fat Milk	2	3	Tuna Salad Wrap Or Garden Salad With Roll and Butter
Available Daily at Lunch: Fresh Fruit, Carrot or Celery Sticks, Tossed Salad					
Milk Choices: 1% Flavored, 2% White					
Fresh Baked,  available daily.					