







MENU

Week 4 October 17-21	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
	Sweet and Sour Chicken w/ Broccoli Rice	Wrap Your Own Burrito Beef or Chicken Refried Beans Salsa	French Toast Sticks Turkey Sausage Hashbrowns	STA Bowl Chicken w/ Mashed Potatoes, Gravy, Corn, Cheese	Jamaican Jerk Chicken w/ Rice and Beans, Peppers and Onions
	Cheese or Pepperoni	Cheese or Pepperoni	Cheese or Pepperoni	Cheese or Pepperoni	Cheese or Pepperoni
	Breaded Chicken	Cheeseburger/ Hamburger	Spicy Chicken	Cheeseburger/ Hamburger	Breaded Chicken or Spicy Chicken
	Chopped Romaine, Spring Mix, Hard Boiled Eggs, Beets, Carrots, Celery, Cherry Tomatoes, Peppers, Garbanzo Beans, Red Onions, Corn, Cucumbers, and other fresh ingredients.				
<p>Contact your Chef Resident Director, Ryan Oliver, roliver@avifoodsystems.com for questions or comments.</p> <p>Breakfast: FREE, Served 7:20 AM to 07:40 AM Lunch: \$3.50(\$.40 for reduced) Extra Milk: \$.75</p> <p>This institution is an equal opportunity provider. *MENU SUBJECT TO CHANGE*</p>					

St. Thomas Aquinas Middle and High School

