



# MENU

Week 4 Sept 19-23	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
	General Tso Spicy Chicken w/ Broccoli Rice	Wrap Your Own Burrito Beef or Chicken Refried Beans Salsa	French Toast Sticks Sausage Hashbrowns	<b>STA Bowl</b> 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*
	Turkey & Cheese Wrap	Cheeseburger/ Hamburger	Breaded Chicken	Cheeseburger/ Hamburger	Breaded Chicken or Spicy Chicken
	Spring Mix, Hard Boiled Eggs, Beets, Carrots, Celery, Cherry Tomatoes, Peppers, Garbanzo Beans, Red Onions, Corn, Cucumbers, and other fresh ingredients.				
<p><b>Contact your Chef Resident Director, Ryan Oliver,</b> <b>roliver@avifoodsystems.com for questions or comments.</b></p> <p><b>Breakfast: FREE, Served 7:20 AM to 07:40 AM</b> <b>Lunch: \$3.50(\$.40 for reduced)</b> <b>Extra Milk: \$.75</b></p> <p>This institution is an equal opportunity provider. <b>*MENU SUBJECT TO CHANGE*</b></p>					

**St. Thomas Aquinas  
Middle and High School**

