

St. Teresa's Lunch Menu

Seasonal Fresh Fruit and Vegetables
are offered daily on the Fruit and Vegetable Bar
Check Grab n Go for daily Vegan/Vegetarian Selections.

December
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sweet & Sour Chicken Bites Lo Mein Noodles and Rice Egg Roll & Fortune Cookie Hot and Spicy Chicken Basket Veggie Burger Turkey Ranch Wrap Crispy Chicken Salad V= Burger, Salad, Wrap	2 French Toast Sticks, Scrambled Eggs, Sausage Links Breakfast Potatoes Crispy Chicken Sandwich Veggie Burger / Fries Ham Wrap Chicken Caesar Salad V= French Toast, Salad, Wrap	3 Cheese and Pepperoni Pizza Veggie Pizza Garlic Green Beans All Beef Hot Dog/French Fries Veggie Burger Grilled Chicken Fajita Wrap Southwest Chicken Salad V= Pizza, Salad, Wrap
6 Baked Potato Bar Roasted Broccoli Hot and Spicy Chicken Basket Veggie Burger Chicken Caesar Wrap Turkey BLT Salad V= Baked Potato, Burger, Salad, Wrap	7 Visit with Chef Tommy Pesto Rubbed Chicken, Penne Pasta, Garlic Focaccia 3 Cheese Grilled Cheese Homemade Tomato Soup Sweet Steamed Pea Veggie Burger Turkey BLT Wrap Craving Chicken Salad V= Grilled Cheese, Salad,	8 Popcorn Chicken Mashed Potatoes, Gravy, Corn & Cheese Dinner Roll Mushroom Swiss Burger / Fries Veggie Burger Southwest Chicken Wrap Chef Salad V= Salad, Wrap	9 December LTO Southwest Quinoa, Seasoned Sweet Potatoes, Sweet Coconut Milk Sauce, Topped with Cilantro, Avocado, Green Onion Crispy Chicken Tenders / Tator Tots Veggie Burger Garden Veggie Wrap Grilled Chicken Caesar Salad	10 Cheese and Pepperoni Pizza Veggie Alfredo Pizza Seasoned Mixed Vegetables 1/4 Lb Bacon Cheeseburger Basket Veggie Burger Buffalo Chicken Wrap Beef Taco Salad V= Pizza, Burger, Salad, Wrap
13 Exams - Limited Service Cheeseburger Basket Veggie Burger Chicken Caesar Wrap Basket Strawberry Spinach Salad V= Burger, Salad, Wrap	14 Exams - Limited Service Cheeseburger Basket Veggie Burger Crispy Chicken Wrap Chef Salad V= Burger, Salad, Wrap	15 Exams - Limited Service Cheeseburger Basket Veggie Burger Turkey Ranch Wrap Fresh Garden Salad V= Burger, Salad, Wrap	16 No School	17 No School
20 No School	21 No School	22 No School	23 No School	24 Christmas Eve
27 No School	28 No School	29 No School	30 No School	31 New Years Eve

INFORMATION

Student Lunch	\$5.50
Adult Lunch	\$5.50
Milk	\$0.60
Extra Entrée	\$3.25
Fruit & Vegetable Bar	\$3.50

EXTRA INFO

If you have any questions contact
Taher Food Service at
taher@stteresasacademy.org
or 816-501-0011 Ext 137

HARVEST OF



THE MONTH

All the menu information on
our app Taher Food4Life®



www.taher.com

Menus are subject to change without notice.