

St. Teresa's Lunch Menu

August
2021

Seasonal Fresh Fruit and Vegetables
are offered daily on the Fruit and Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18 Welcome Back! Pasta Bar Steamed Broccoli Garlic Breadstick Chef Salad Vegetarian: Pasta/ Alfredo OR Garden Salad	19 Walking Taco Lettuce, Tomato and Cheese Mexican Corn 7 Layer Salad Vegetarian: Black Bean Taco OR 7 Layer Salad (no bacon)	20 French Toast Sticks Pork Sausage Link Scrambled Egg Breakfast Potatoes Chicken Caesar Salad Vegetarian: Scrambled Eggs OR Caesar Salad w/ Egg
23 Italian Pasta Bake Garlic Green Beans Garlic Toast Buffalo Chicken Wrap Fruited Spinach Salad Vegetarian: Garden Pasta Alfredo OR Fruited Spinach	24 Soft Beef Tacos Spicy Pinto Beans Spanish Rice Lettuce, Tomato and Cheese Grilled Chicken Fajita Wrap Cravin Craisin Salad Vegetarian: Cheese & Bean Quesadilla OR Craisin Salad	25 BBQ Meatball Sub Kettle Potato Chips Baked Beans Egg & Tuna Salad Slider Combo Buffalo Chicken Salad Three Cheese Sandwich Vegetarian: Egg & Tuna Sliders	26 HOM Zucchini Cheesy Italian Flatbread Marinara Sauce Roasted Zucchini Roasted Veggie Sub Beef Taco Salad Vegetarian: Cheesy Italian Flatbread & Roasted Veggie	27 Santa Fe Rice Bowl Black Beans Crispy Chicken Wrap Southwest Chicken Salad Vegetarian: Southwest Salad
30 HOM Watermelon Salisbury Steak Mashed Potatoes & Gravy Whole Grain Dinner Roll Honey Mustard Ham Wrap Harvest Chicken Salad Minted Watermelon Salad Vegetarian: Black Bean Burger	31 Beefy Nachos w/Cheese Sauce Mexican Brown Rice Corn & Black Bean Salsa Turkey BLT Wrap Chef Salad Vegetarian: Baked Potato Bar	1		

INFORMATION

Student Lunch	\$5.50
Adult Lunch	\$5.50
Milk	\$0.60
EXtra Entree	\$3.25
Fruit/ Vegetable Bar	\$3.50

EXTRA INFO

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

HARVEST OF



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THE MONTH

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