



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.

November
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef or Veggie Lasagna California Blend Garlic Breadsick Crispy Corn Dog Basket Turkey BLT Wrap Chef Salad V= Lasagna, Salad, Wrap	2 Chicken Soft Tacos Beef Hard Shell Tacos Mexican Rice Seasoned Pinto Beans Crispy Chicken Tenders Tater Tots Southwest Chicken Wrap Buffalo Chicken Salad V= Cheese&Bean Quesadilla, Salad, Wrap	3 Sweet & Sour Chicken Bites Lo Mein Noodles Rice Pilaf Egg Roll & Fortune Cookie 1/4 Lb Bacon Cheeseburger Basket Turkey Ranch Wrap Crispy Chicken Salad V= Salad, Wrap	4 French Toast Sticks, Scrambled Eggs, Sausage Links Breakfast Potatoes Crispy Chicken Sandwich French Fries Ham Wrap Chicken Caesar Salad V= French Toast, Salad, Wrap	5 Cheese or Pepperoni Veggie Pizza Green Beans All Beef Hot Dog French Fries Chicken Fajita Wrap Southwest Chicken Salad V= Veggie Pizza, Salad, Wrap
8 1/2 Day of School / No Lunch Service	9 Beefy Nachos & Homemade Cheese Sauce Mexican Rice Roasted Corn Hot and Spicy Chicken Basket Roasted Veg Spinach Wrap Craving Chicken Salad V= Cheese&Bean Quesadilla, Salad, Wrap	10 Popcorn Chicken Bowl Chicken Bites, Mashed Potatoes, Gravy, Corn & Cheese Cheeseburger Basket Yogurt Pak with Pretzel Bites Garden Salad V= Salad, Wrap	11 LTO Chicken Wild Rice Soup with Garlic Toast Half Deli Sandwich Peas, Corn, Carrots 1/4 Lb Mushroom Swiss Burger Tater Tots Turkey BLT Salad Crispy Chicken Salad V= Salad, Wrap	12 Cheese or Sausage Pizza Veggie Pizza Garlic Green Beans Crispy Chicken Sandwich French Fries Buffalo Chicken Wrap Strawberry Spinach Salad V= Veggie Pizza, Salad, Wrap
15 Pasta Bar Garden Pasta Alfredo Roasted Broccoli Garlic Breadstick Crispy Corn Dog Basket Turkey BLT Wrap Chef Salad V=Garden Alfredo, Salad, Wrap	16 Beef Hard Shell Tacos Chicken Soft Tacos Mexican Rice Seasoned Pinto Beans Crispy Chicken Tenders Tater Tots Southwest Chicken Wrap Buffalo Chicken Salad V= Cheese&Bean Quesadilla, Salad, Wrap	17 Spicy Popcorn Chicken & Macaroni & Cheese Bowl Sweet Steamed Pea 1/4 Lb Bacon Cheeseburger Basket Turkey Ranch Wrap Crispy Chicken Salad V= Macaroni/Cheese, Salad, Wrap	18 Thanksgivings Feast Roast Turkey Mashed Potatoes & Gravy Stuffing Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Dessert Ham Wrap Grilled Chicken Caesar Salad V=Salad, Wrap	19 Cheese or Pepperoni Pizza Veggie Pizza California Blend All Beef Hot Dog French Fries Chicken Fajita Wrap Southwest Chicken Salad V= Veggie Pizza, Salad, Wrap
22 Beef or Veggie Lasagna Green Beans Garlic Breadsick Spicy Chicken Sandwich French Fries Chicken Caesar Wrap Beef Taco Salad V=Veggie Lasagna, Salad, Wrap	23 3 Cheese Grilled Cheese Homemade Tomato Soup Corn Crispy Chicken Nuggets French Fries Yogurt Pak with Pretzel Bites Craving Chicken Salad V=Grilled Cheese, Salad, Wrap	24 NO SCHOOL	25 HAPPY THANKSGIVING	26 NO SCHOOL
29 NO SCHOOL	30 Beefy Nachos & Homemade Cheese Sauce Spanish Rice Peas and Carrots Chicken Tenders French Fries Southwest Chicken Wrap Buffalo Chicken Salad V=Salad, Wrap			

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.