



ST THOMAS HIGH SCHOOL



SEPTEMBER 2009

Monday	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th
CHILI MAC RANCH BEANS ROLL FRUIT SALAD	ENCHILADA CASSEROLE MEXICAN CORN FRESH FRUIT	SLOPPY JOES PICKLE SLICES OVEN FRIES FRESH FRUIT	ASIAN STIR FRY STEAMED RICE EGGROLL FRUIT SALAD	STROMBOLI PEPPERONI, SAUSAGE AND CHEESE
Monday 7 th	Tuesday 8 th	Wednesday CHICK9th	Thursday 10 TH	Friday 11 TH
NO SCHOOL	CHILI CHEESE DOG FRENCH FRIES RELISH FRESH FRUIT	BAKED ZITI ITALIAN SALAD GARLIC BREADSTICK FRUIT SALAD	CHICKEN CASSEROLE BROCCOLI ROLL FRESH FRUIT	GRAB N GO FRIDAY HOUSEMADE PIZZA
Monday 14 TH	Tuesday 15 TH	Wednesday 16 TH	Thursday 17 TH	Friday 18
CRISPY BEEF TACOS LETTUCE/TOMATO CHEESY REFRIED BEANS FRUIT SALAD	SPAGHETTI/MEATS GREEN BEANS GARLIC STICK FRESH FRUIT	BBQ CHICKEN MAC N CHEESE BAKED BEANS FRUIT SALAD	CHICKEN FRIED RICE SUGAR SNAP PEAS EGGROLL FRESH FRUIT	GRAB N GO FRIDAY HOUSEMADE PIZZA
Monday 21 ST	Tuesday 22 ND	Wednesday 23 RD	Thursday 24 TH	Friday 25 TH
FRITO PIE GARDEN SALAD FRESH FRUIT	GENERAL TSO'S CHICKEN FRIED RICE EGGROLL FRESH FRUIT	<i>BRUNCH 4 LUNCH</i> SCRAMBLED EGGS SAUSAGE/BACON BISCUIT & GRAVY FRESH FRUIT	LASGANA GREEN BEANS BREADSTICK FRESH FRUIT	GRAB N GO FRIDAY HOUSEMADE PIZZA
Monday 28 th	Tuesday 29 th	Wednesday 30 th		
CHICKEN SPAGHETTI CRISP SALAD GARLIC BREADSTICK FRUIT SALAD	MEXICAN CASSEROLE MEXICAN CORN CORNBREAD FRESH FRUIT	SLOPPY JOES PICKLE SLICES OVEN FRIES FRUIT SALAD		

ALACARTE MENU

CRISPY CHICKEN SALAD
DELI HAM/TURKEY SUB
SPICY CHICKEN SANDWICH
HAMBURGER/CHEESEBURGER
CHICKEN TENDERS

BACON CHEESEBURGER
EGGROLL w/ SAUCE
CORNDOG
NACHOS
CRISPY CHICKEN SALAD

MOZZARELLA STICKS
FRENCH FRIES/CURLY FRIES
YOGURT PARFAITS
HOT WINGS
CHEF SALAD



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