FOUR SEASONS
ST. THOMAS AQUINAS HIGH SCHOOL

2026–2027

Salads, Sandwiches & Grab-and-Go

Featuring Boar's Head deli meats — gluten free, no MSG, no trans-fat fillers.

SALADS

Yogurt parfait			$4.00
Fresh fruit salad	large	small $4.00	$5.00
Pasta salad			$5.75
Caesar salad	small	with chicken $9.50	$7.75
Garden salad	small	with chicken $9.50	$7.75
Hummus, veggies, olives & protein	with pita		$8.00
Sesame chicken salad			$10.75
Chicken caesar			$10.75
Cobb salad			$10.75
Santa Fe salad			$10.75
Chef salad			$10.75

SANDWICHES & WRAPS

Sandwich on sliced bread		$7.75
Sandwich on kaiser roll		$7.75
Wrap	grab & go	$7.75
French or brick oven sandwich	half	$6.00
French or brick oven sandwich	full	$8.75

GRAB AND GO

Fresh fruit		$1.50
Bagel or roll	plain	$3.00
Bagel or roll	w/ cream cheese or butter	$4.00
Snacks or chips		$3.00
Candy or large chips		$3.00
Fresh baked cookies	(2pc)	$3.50
Muffin		$3.50
Hot pretzel		$3.00
Churro		$3.00
Yogurt		$3.00
Greek yogurt	Chobani	$3.50

DRINKS

Juice bottle		$3.00
Drinks	20 oz	$3.00
Drinks	12 oz	$2.50
Water	16 oz	$1.50
Water	20 oz	$3.00

BUILD YOUR OWN — SALAD & WRAP BAR

Choose your own ingredients at the bar. Full selection posted at the station.

SALADS & BOWLS

Salad	$9.50
greens + 4 items + dressing	
Salad	$10.75
greens + 6 items + dressing	
Rice bowl	$11.25
rice + 6 items + dressing	
Açaí bowl	$10.00
5 items + drizzle	

WRAPS & BURRITOS

Wrap	$9.00
6 items	
Burrito	$9.00
rice + 5 items	
Wrap or burrito	$11.25
combo with fries	

ADD-ONS

Extra dressing	$0.50
Extra toppings	$1.50
Extra chicken	$2.75

Prices apply for the 2026–2027 school year and may change with market conditions. Some items are available only when listed on the monthly menu. **Food Allergy Notice: If your child has a food allergy or special dietary need, please contact Four Seasons before ordering at hq@fourseasonsfsm.com.**

fspreorder.com

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