FOUR SEASONS
food service management

Hot Lunch

ST. THOMAS AQUINAS HIGH SCHOOL · FALL 2026

Prepared fresh on site daily.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WEEK	Chicken cutlet bruschetta Bacon cheeseburger Popcorn chicken Vegetable lo mein Kale & vegetable dumplings	Meatball panini Chicken tenders Cheese ravioli Mini tacos Hot dog	Chicken & rice bowl Roast beef panini Chicken quesadillas Rigatoni w/ broccoli Pizza bites	Chicken parmigiana Hamburger w/ the fixins Penne alfredo Turkey BLT wrap Eggplant, mozzarella & roasted pepper hero	Pizza Pasta w/ vodka sauce Mozzarella sticks Chicken nuggets
2 WEEK	Spaghetti & meatballs Chinese beef & broccoli Meatball hero Popcorn chicken Black bean burger	Ham & swiss panini Chicken tenders Beef taco bowl Tortellini alfredo w/ peas Breakfast for lunch — bacon, egg & cheese	Chicken francese Stuffed shells & dinner roll Chicken quesadillas Jamaican beef patty Potato pierogies	Sausage & peppers Chicken parmigiana Hamburger / cheeseburger Mac & cheese wedges Pasta w/ butter & garlic	Mozzarella, tomato & roasted pepper panini Pizza Pasta w/ vodka sauce Mozzarella sticks Chicken nuggets
3 WEEK	Beef empanadas Chicken & rice bowl Popcorn chicken Pasta marinara Grilled cheese	Roast beef panini Chicken tenders Beef tacos Spaghetti w/ garlic & oil Pizza bites	Chicken quesadillas Rigatoni w/ broccoli Potatoes & eggs sub Pizza egg roll Hot dog	Roasted chicken wings Chicken parmigiana Hamburger / cheeseburger Spaghetti w/ butter Onion rings	Chicken panini Pizza Pasta w/ vodka sauce Quiche Mozzarella sticks Chicken nuggets
4 WEEK	Hot turkey w/ mashed potatoes Sloppy joe on a bun Popcorn chicken Spaghetti w/ garlic & oil Chicken marsala	Philly cheese steak Chicken tenders Pasta marinara Mac & cheese wedges Grilled chicken club	Pasta primavera Chicken quesadillas Breakfast for lunch — french toast wedges, bacon & potatoes Baked ziti	Chicken parmigiana Hamburger w/ the fixins Chicken fries Onion rings Eggplant, mozzarella & roasted pepper panini	Pizza Chicken parm burrito Pasta w/ vodka sauce Mozzarella sticks
5 WEEK	Meatloaf w/ mashed potatoes Buffalo wings Panini — turkey, bacon & cheese Macaroni & cheese Popcorn chicken	Pulled pork sandwich Chicken tenders Chicken tacos Tortellini alfredo w/ peas Grilled cheese	Roast beef platter Crispy chicken sandwich Chicken quesadillas Spaghetti w/ garlic & oil Roasted potatoes	Chicken stir-fry Fried rice Hamburger / cheeseburger Mac & cheese wedges Chicken fries	Frittata Pizza Pasta w/ vodka sauce Fish sticks Mozzarella sticks Chicken nuggets

AVAILABLE DAILY

- Grab & go sandwiches
- Grab & go salads
- Parfaits & overnight oats
- Fruit cups & whole fruit
- Hummus & crudité
- Açaí bowls
- Snacks & drinks

SIDES

Vegetable of the day, roasted or mashed potatoes, french fries, onion rings, mixed salad, rice, beans, fruit. Varies with the entrées.

PRICE LIST

See full pricing for all cafeteria, breakfast and fresh items.

Scan for prices
fspreorder.com/sta-price-list

DINING CARD ALERTS

Get purchase and low-balance alerts for your Red Dining Card. Sign up at fourseasonsfsm.com/dining-card-alerts.

Red Dining Cards only — Platinum families are covered.

Five-Week Cycle

Food Allergy Notice: If your child has a food allergy or special dietary need, please contact Four Seasons before ordering at info@fourseasonsfsm.com.

The cycle begins on your school's first service day of the month. Skip menu days for closings, holidays and non-service days; refer to your school calendar. Menu subject to change with market availability.

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