



SACRED HEART SCHOOLS

Sacred Heart Schools

August-26

Local, fresh and organic food cooked from scratch and with care.

	Monday	Tuesday	Wednesday	Thursday	Friday
	17 6th Grade Only @ 10:15 - 10:30	18	19	20	21
Breakfast Grill	French Toast with Bacon	Buttermilk Pancakes with Sliced Strawberries, Applewood Smoked Bacon	Fried Egg, Prosciutto and Arugula Breakfast Toast	Sun's Up Sandwich Cage Free Egg, Sausage or Cheddar Cheese on a English Muffin	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup				Beef and Barley or (V) Vegetable Barley	(V) Miso Soup
Platillo Latino				Franks Red Hot Buffalo Wings with House Ranch Dipping Sauce, Carrot Sticks, French Fries	Chili Lime Chicken Bowl, Quinoa, Brown Rice, Jicama, Roasted Corn, Hand Cut Salsa, Chopped Avocado, Fresh Lime Wedge
Kitchen Table			Welcome Back BBQ: BBQ Beef Brisket, (V) BBQ Portobello, Fresh Corn on the Cob, Fresh Green Beans, Corn Bread	Grass Fed Beef and Italian Sausage or (V) Spinach 4 Cheese Baked Ziti with House-Made Marinara, Ricotta Cheese & Hearts of Romaine Caesar Salad	Spicy Kung Pao Free Range Chicken or (V) Portobello with White Jasmine Rice and Local Stir Fry Mixed Vegetables
Deli Creations			Free Range Chicken Melt, Smashed Avocado, Bacon, Swiss, Spinach with Kettle Chips	Chopped Italian Wrap with Genoa Salami, Smoked Ham and Pepperoni, Provolone Cheese, Sliced Pepperoncini, Shredded lettuce, Tomato, Wrapped in a Flour Tortilla, House Chips	Grass Fed Beef Sliders on Mini Brioche Buns, Lettuce, Pickle and Secret Sauce with Gator Tots
Lunch Pack					
	24	25	26	27	28
Breakfast Grill	(V) French Toast Sticks with Maple Syrup	(V) Breakfast Burrito Scrambled Eggs, Cheese, Potato Flour Tortilla	Cage Free Scrambled Egg, Applewood Smoked Bacon, Mini Bagel	(V) Cheesy Egg-in-the Hole with Breakfast Potatoes	(V) Pancakes with Banana Slices and Organic Blueberries
Soup	Chicken Noodle	Organic Chicken Tortilla with Jack Cheese and Tortilla Strips	(V) Tomato and Basil	(V) Curried Cauliflower Soup with Coconut Milk	New England Clam Chowder
Platillo Latino	Chicken Tinga Tacos, Lettuce, Tomato on Flour Tortillas, Elote Corn Salad	Rojo Chicken Smashed Black Bean and Avocado Tostada Topped with Shredded Lettuce, Hand Cut Salsa, Cotija Cheese with Spanish Rice	Philly Cheese Steak Quesadilla, Thin Sliced Beef, Grilled Mushrooms and Onions, Provolone Cheese Grilled to a Crispy Brown with a Side of Black Beans	Nachos House Made Corn Tortillas Chips, Rojo Shredded Chicken or (V) Roasted Vegetables, Refried Beans, House Made Cheese Sauce, Fresh Toppers	
Kitchen Table	Chef Lidia's Hoisin Rice Bowl- Slow Roasted Pork or (V) Tofu, Fried Rice, Ratto Ranch Stir Fried Vegetables, Cage Free Egg and Hoisin Sauce with Vegetables	Fire Grilled Carne Asada or (V) Portobello Tacos, Lime Cilantro Rice, Whole Black Beans, Hand Cut Salsa, Tortilla Chips	Grass Fed Burger or (V) Garden Burger Bar with ALL the Fixings - Cheese, Applewood Smoked Bacon, Tomato, Lettuce, Pickles, House Chips	Free Range Butter Chicken or (V) Curried Cauliflower Simmered in an Ultra-Silky Aromatic Sauce of Tomatoes, and Cream Served with Basmati Rice, Curried Cauliflower and Warm Naan	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Hawaiian Rolls Stuffed with Ham and Swiss Cheese, Topped with a Sweet & Savory Butter Poppy Seed Sauce then Baked to Golden Perfection Served with Kettle Chips	Chicken or (V) Tofu Teriyaki Wrap, Free Range Chicken Breast, Teriyaki Sauce, White Jasmine Rice, Broccoli, Shredded Carrots, Wrapped up in a Flour Tortilla Served with Asian Cucumber Salad	Asian Chicken Bao Buns with Hoisin Sauce, Topped with Shredded Red Cabbage, Pickled Daikon, Cucumbers, and Carrots, Sesame Seeds, Served with Cucumber Asian Slaw	Pulled BBQ Beef Sandwich, Cheddar Cheese, Onion Straws, Garlic Aioli on Pretzel Roll Served with Crispy Gator Tots	Cheesy Tortellini and Sausage or (V) Zucchini, House Red Sauce, Sliced Mushrooms, Topped with Fresh Basil with Garlic Cheese Bread
Lunch Pack	House Made Chicken Salad, Crackers, Cucumber Slices, Ranch Dip, Organic Berries	Turkey, Provolone Slider, Carrot Sticks, Ranch Dip, Mandarin Oranges, Raisins	House Made Chicken Salad, Crackers, Cucumber Slices, Ranch Dip, Organic Berries	Diced Free Range Chicken, BBQ Sauce, Carrots Sticks, Cucumbers, Veggie Straws, That's It Fruit Bar	Cubed Ham, Mini Cheddar Cheese Squares, Crackers, Carrots Sticks, Ranch Dip, Sliced Organic Strawberries
Menu Key					
Epicurean Group at Sacred Heart Schools Café Manager - Maggie Hurtado Executive Chef - Lidia Garcia			 EPICUREAN GROUP <i>fresh. honest. local.</i>		