

Sacred Heart SHS Faculty Wellness Menu

Monday September 7, 2026



Tuesday September 8, 2026

- SEASONAL SOUP** Caldo De Pollo
- COMPOSED SALAD** (V) Black Bean Mango Salad Red Cabbage, Cherry Tomatoes, Crunchy Cucumbers, Spicy Jalapeno, Red Bell Peppers, Red Onions in a Lime Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Slow Roasted Chicken or (V) Organic Tofu Chili Verde, Mexican Vegetable Rice, Black Beans, Corn Tortillas
- BEVERAGE STATION** Horchata

Wednesday September 9, 2026

- SEASONAL SOUP** Baked Potato with Bacon and Cheddar On the Side
- COMPOSED SALAD** (V) Mixed Field Greens and Curly Kale with Fresh Strawberry, Tart Blueberry, Avocado, Sweet Corn, Creamy Goat Cheese in a Honey Mustard Balsamic Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Slow Cooked Carolina Pulled Pork or (V) Baby Button Mushrooms with Apple Cider-Honey Sauce, Spiced Roasted Yukon Gold Potatoes, Roasted Carrots and Hawaiian Roll
- BEVERAGE STATION** Sweet Ice Tea

Thursday September 10, 2026

- SEASONAL SOUP** Chicken and Rice
- COMPOSED SALAD** (V) Toasted Farro, Fresh Arugula, Roasted Red Peppers, Sun-Dried Tomatoes, Crumbled Feta Cheese, Marinated Artichoke Hearts, Kalamata Olives, And Fresh Parsley with Balsamic
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Nachos Viva La Dia -Barbacoa Beef or (V) Spicy Tofu, Shredded Cheese, Hand Cut Salsa, Refried Beans, Sour Cream, Pickled Jalapenos, Cilantro & Onions Hand Cut Salsa
- BEVERAGE STATION** Strawberry, Lemon, Basil Aqua Fresca

Friday September 11, 2026

- SEASONAL SOUP** Lemon Chicken Orzo Soup
- COMPOSED SALAD** Classic Caesar Salad with Chicken and House made Croutons, Caesar Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Chicken or (V) Tofu Tiki Masala, Saffron Basmati Rice, Mediterranean Seasonal Vegetables, Warm Pita,
- BEVERAGE STATION** Mixed Fruit Aqua Fresca

Epicurean Group at Sacred Heart Schools
General Manager: Deanna Bower deanna@epicurean-group.com
Executive Chef: Louis Leon - SHP Campus
Executive Chef: Lidia Garcia - P-8 Campus



10 Ways to Improve Your Mood with Food

What you eat can affect you physically, mentally, and emotionally. Learning and catering to your body's needs can drastically improve your health and overall mood. Below are 10 things you can do to help improve mood (and overall health) with food.

1 Treat The Kitchen As Your Pharmacy

Release yourself from myths of what a "good diet" is and instead learn the science of food. Many foods offer benefits in addition to nutrition like anti-inflammatory and antioxidant properties.



2 Use Food Preparation as Mindful Self-Care

Determine what might be missing in your diet and find ways to fill those gaps with foods you enjoy eating.



3 Become Aware How "Mood Follows Food"

Start a Food-Mood Diary. Write down what you eat and how you feel each day. Learn what foods make you feel good and what foods might trigger adverse reactions.



4 Food Prep & Eating as Social Self-Regulation

We regulate through gathering together to prepare and eat food. One day a week share grocery shopping or preparing a meal with someone you care about.



5 Practice Chewing as Mindfulness

Not taking time to fully chew your food can lead to a cascade of digestive problems. Try not to rush-eating, and allow yourself time to properly chew your food. Be mindful of the taste and texture of the food to help make eating a good experience.



6 Gain Awareness of Stimulant Foods

Foods like chocolate, coffee, and tea can be wonderful natural stimulants with therapeutic effects, but for many people overuse of these can cause negative side effects. Be mindful of the stimulants you put into your body and set limits.



7 Recognize Foods Can Be Used for Healthy "Self Medication"

There's nothing wrong with some forms of self-medicating, like drinking chamomile tea when you feel anxious. The challenge is making sure we are self-medicating with healthy foods. It's about enhancing self-care through good choices that help us feel better in our daily lives.



8 Sugar Is The Biggest Culprit

Sugar is addictive and is linked to many health and mental health issues. Reducing your sugar intake can drastically improve your mood and physical health. Get in the habit of reading labels and finding healthy alternatives as much as possible.



9 Enact the "Korn Principles of Substitution"

Find ways to satisfy your cravings in healthy ways. For example, substitute honey for sugar in your tea and greek yogurt and fruit in place of the regular, processed, sugar-sweetened version.



10 Enjoy! No Shame, Just Awareness of Self Care & Self Nourishment

Enjoy yourself! Take time to taste your food and learn to listen to your body and it's needs. When you are mindful of your body, there is no shame or guilt in your choices.





On the morning of 11 September 2001, 19 terrorists from the Islamist extreme group al Qaeda hijacked four commercial aircraft and crashed two of them into the North and South Towers of the World Trade Center complex in New York City. A third plane crashed into the Pentagon in Arlington, Virginia. After learning about the other attacks, passengers on the fourth hijacked plane, Flight 93, fought back, and the plane was crashed into an empty field in western Pennsylvania about 20 minutes by air from Washington, D.C. The Twin Towers ultimately collapsed, due to the damage from the impacts and subsequent fires. Nearly 3,000 people were killed from 93 different countries. Most of the fatalities were from the attacks on the World Trade Center. The Pentagon lost 184 civilians and servicemembers and 40 people were killed on Flight 93. It was the worst attack on American soil since the Japanese attacked Pearl Harbor in 1941.

MENU KEY

CONTAINS DAIRY

CONTAINS SHELLFISH

CONTAINS PEANUTS

CONTAINS TREE NUTS

CONTAINS EGGS

CONTAINS SEEDS

CONTAINS CRUSTACEAN

CONTAINS FISH

CONTAINS SESAME

CONTAINS WHEAT OR GLUTEN

