



SACRED HEART SCHOOLS

Sacred Heart Schools

February-26

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast Grill	French Toast Sticks with Maple Syrup	Bacon and Buttermilk Pancakes Dippers	Breakfast Tacos Eggs, Chorizo, Cheese, Salsa	Sun's Up Sandwich Cage Free Egg, Sausage or Cheddar Cheese on a English Muffin	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup	(V) Egg Drop	Caldo Verde Chicken	(V) Vegetable Orzo Soup	(V) Corn Chowder	New England Clam Chowder
Platillo Latino	Steak Teriyaki Bowl with Steamed Coconut Rice, Stir Fried Vegetables and Grilled Pineapple Relish	Free Range Chipotle Chicken Quesadilla with Peppers, Onions and Monterey Jack Cheese with Spanish Rice, Shredded Lettuce, Sour Cream, House Made Salsa and Guacamole	Grilled Chipotle Lime Shrimp Tacos on Corn Tortillas with Shredded Cabbage, Avocado, Sour Cream and House Made Pico de Gallo and Tortilla Chips	Flautas with Southwest Chicken, Black Beans, Roasted Corn and Jack Cheese Served with Chipotle Ranch Dipping Sauce	New England Patriots Clam Chowder Bread Bowl
Kitchen Table	Free Range Chicken or (V) Tofu Kung Pao, Red and Green Peppers and Onion with White Jasmine Rice and Local Stir Fry Mixed Vegetables	Chicken or (V) Tofu Fajitas with Sautéed Onions, Red and Green Peppers, Cilantro Lime Rice, Black Beans, Flour Tortillas	Layers of Ground Beef and Sausage or (V) Spinach Lasagna, Ricotta Cheese, House Made Sauce, and Cheese Bread Sticks	Coffee Rubbed Tri Tip or (V) Portobello with Truffle Parmesan Potato Wedges, Pan Seared Bacon and Brussels Sprouts and House	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Slow Roasted Pork Bahn Mi on Crusty French Roll with Pickled Carrot and Radish, Sliced Cucumbers, Cilantro, Spicy Mayo with House Chips	Pasta Bowl Topped with Marinara, Sliced Chicken, Parmesan Garlic Bread	Slow Roasted Turkey and Smashed Avocado on Dutch Crunch with Lettuce, Sliced Tomato, with House Lemon Pepper Chips	Free Range Grilled Chicken Club Sandwich on Sourdough with Swiss Cheese, Applewood Smoked Bacon, Lettuce, Tomatoes and Curly Fries	Seahawk Wings and Tailgate Tots Ranch Dipping Sauce
Lunch Pack	(V) Cage Free Hard Boiled Eggs, Cucumber Slices, Ranch Dip, Veggie Crisp, Raisins, Red and Green Grapes	(V) 1/2 Sunflower Butter, Strawberry Jam, 7 Grain Bread, Carrot Sticks, Ranch Dip, Honey Greek Yogurt, Organic Blueberries	Ham, Cheddar Cheese Slider, Pretzels, Red Bell Pepper Strips, Ranch Dip, Veggie Crisps, Organic Berries	Turkey and Provolone Cheese Rolls, Crackers, Cherry Tomato, Fresh Blueberries, Dried Cranberries	(V) Pitas, House Made Hummus, Edamame, Watermelon, Pretzel Sticks
Epicurean Group at Sacred Heart Schools Café Manager - Maggie Hurtado Executive Chef - Lidia Garcia			 EPICUREAN GROUP <i>fresh. honest. local.</i>	Menu Key <ul style="list-style-type: none">  Contains Shellfish  Contains Tree Nuts  Contains Eggs  Contains Dairy  Contains Peanuts  Contains Fish  Contains Wheat or Gluten 	