



SACRED HEART SCHOOLS

# Sacred Heart Schools

## February-26

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

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
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	(V) Creamy Tofu and Wild Rice Soup	(V) Poblano and Sweet Corn Chowder	(V) Italian Vegetable Soup	(V) Butternut Squash Soup	(V) Miso Soup
Platillo Latino	Chicken Burrito Bowl, Bed of Romaine Lettuce Topped with Lime Cilantro Rice, Whole Black Beans, Hand Cut Salsa, Roasted Corn, Chipotle Chicken, Dollop of Sour Cream, Lime Wedge and Tortilla Strips	Mexican Spiced Fries Topped with Lime Cilantro Carne Asada, Melty Cheddar and Jack Cheese, Hand Cut Salsa, Sour Cream, Guacamole	Flour Tortilla Tacos Stuffed with Mexican Ground Beef, Shredded Lettuce, Salsa Fresca and Cheddar Cheese, with Tortilla Chips and Refried Beans	Tri Colored Tortilla Chips Piled High with Carnitas, Cheddar Cheese and Ghost Pepper Jack Topped with Hand Cut Salsa, Sour Cream and Smashed Avocado	Fish Tacos Flour Tortilla Topped with Breaded Cod, Red and Green Shredded Cabbage Chipotle Mayo Sauce, Hand Cut Salsa, with Chips and Side of Refried Beans
Kitchen Table	Mongolian Beef or (V) Portobello with Red and Yellow Peppers, Sautéed Onions and Sliced Scallions Served with Jasmine Rice and Winter Mixed Vegetables	Marinated Pork or (V) Portobello Al Pastor, Vegetable Rice, Black Beans, Pineapple Salsa with Tortilla	Cheese Ravioli with House Bolognese or (V) Marinara Sauce, Parmesan Cheese, Roasted Broccoli, Garlic Bread	Greek Free Range Chicken or (V) Cauliflower Shawarma Plate with Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Tziki Sauce, Basmati	Chicken or (V) Vegetable Fried Rice, Peas, Carrots, Green Beans, Fried Egg, Served with Vegetable Spring Roll
Deli Creations	Chicken Topped with Parmesan and Melted Mozzarella, House Marinara, Fresh SH Basil on a Hoagie Roll, Seasoned Curly Fries	Breaded Chicken Tenders with Gator Tots and Honey Mustard Dipping Sauce	Pastrami Swiss Sandwich on Soft Hoagie Roll with Shredded Lettuce, Dijonaise, Sliced Pepperoncini, House Lemon Pepper Chips	Asian Inspired Chicken with Toasted Coconut Rice Bowl, Sliced Mango, Carrot Ribbons, Chopped Cucumber, Edamame	
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
<b>Epicurean Group at Sacred Heart Schools</b> Café Manager - Maggie Hurtado Executive Chef - Lidia Garcia				<b>EPICUREAN GROUP</b> <i>fresh. honest. local.</i>	
				<b>Menu Key</b>	
				 CONTAINS SHELLFISH	 CONTAINS TREE NUTS
				 CONTAINS EGGS	 CONTAINS DAIRY
				 CONTAINS PEANUTS	 CONTAINS FISH
				 CONTAINS WHEAT OR GLUTEN	