



SACRED HEART SCHOOLS

Sacred Heart Schools

January-26

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
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	Minestrone	(V) Poblano and Sweet Corn Chowder	(V) Butternut Squash and Apple Soup	(V) Split Pea	(V) White Bean, Kale & Barley Soup
Platillo Latino	Rojo Chicken Tostada, Refried Beans, Lettuce, Hand Cut Salsa, Cotija Cheese with Side of Rice	Blackened Shrimp Tacos, Red and Green Shredded Cabbage, Zesty Corn Salsa, Topped with Smokey Garlic Lime Sauce on a Corn Tortilla, with Pinto Beans	Chicken Burrito with Beans, Mexican Rice, Cheese and Salsa Served with Chips and Hand Cut Salsa	Shredded Beef, Cheddar and Pepper Jack Cheese Quesadilla With Side of Fresh Fruit	
Kitchen Table	Penne Pasta Topped with a Creamy Mix of Red and Alfredo Sauce, Sliced Chicken or (V) Portobello, Roasted Seasonal Vegetables, Garlic Bread	Tender Carne or (V) Tofu Guisada Smothered in a Luscious Tomato-Based Gravy, Mexican Vegetable Rice, Whole Pinto Beans, Tortillas	Filipino Pork Adobo or (V) Organic Tofu, Filipino Fried Garlic Rice, Roasted Broccoli	Slow Cooked Carolina BBQ Chicken or (V) Portobello, Corn Polenta, Oven Roasted Garden Vegetables, Corn Bread	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Classic Slow Roasted Turkey Deli Sandwich on Dutch Crunch Roll, Shredded Lettuce, Sliced Tomatoes, Sliced Pepperoncini, Sliced Black Olives, Herb Mayo, Side of Chips	Free Range Chicken Wings Tossed in Spicy Buffalo Sauce with House Ranch Dressing and Garlic Fries	Grass Fed Beef Sliders with House Chips	Grilled Smoked Ham, Cheddar Cheese and Tomato on Texas Toast with Fresh Broccoli and Ranch Dressing	Pasta with Marinara, Parmesan Cheese and Garlic 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
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 	