



SACRED HEART SCHOOLS

Sacred Heart Schools

January-25

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Breakfast Grill		French Toast with Sliced Strawberries and Warm Maple Syrup	Blueberry Pancakes with Applewood Smoked Bacon	Sun's Up Sandwich Cage Free Egg, Sausage or Cheddar Cheese on a English Muffin	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup		Chicken Pozole with All the Fixin's	(V) Tomato Basil	Chicken Noodle	Beefy Minestrone
Platillo Latino		Beef and Cilantro Empanadas, Spanish Rice, Chipotle Ranch Dipping Sauce	Carnitas Tacos Stuffed with Lettuce, Tomato and Jack Cheese, Topped with Sour Cream, Salsa Fresca with Spanish Rice	Mexican Spiced Ground Beef and Cilantro Lime Rice Bowl Topped with Black Bean, Chopped Red Pepper and Corn Salsa, Romaine Lettuce, Fresh Guacamole, Lime Wedge	Huge Flour Tortilla Stuffed with Chicken and Shredded Cheese Grilled to Crispy Perfection, Mexican Rice, Hand Cut Salsa
Kitchen Table		Chicken or (V) Portobello Fajitas, Bell Peppers, Onion, Refried Beans, Cilantro Rice, Salsa, Sour Cream, Flour Tortillas	Crispy Chicken or (V) Tofu Tossed in a Sweet Orange Chili Glaze with Jasmine Rice and Roasted Broccoli	Oven Fried Chicken Or (V) Tofu, Yukon Gold Mashed Potatoes with Gravy, Roasted Broccoli and Carrots	Pasta with Bolognese Or (V) Marinara Sauce, Topped with Parmesan, Cheesy Garlic Bread and Caesar Salad
Deli Creations		Grilled Smoked Ham and Cheese on Texas Toast, Lettuce, Tomato and Mayo with Fresh Sliced Watermelon	Texas Toast Grilled Cheese with a side of Tomato Basil Soup	Hawaiian Rolls Topped with Ham, Swiss and Cheddar Cheeses, Baked to Crispy Perfection Served with Kettle Chips	
Lunch Pack		1/2 Sunflower Butter, Strawberry Jam, 7 Grain Bread, Carrot Sticks, Ranch Dip, Honey Greek Yogurt, Organic Blueberries (V)	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	Pitas, House Made Hummus, Edamame, Watermelon, Pretzel Sticks (V)

Epicurean Group at Sacred Heart Schools
Café Manager - Maggie Hurtado
Executive Chef - Lidia Garcia



EPICUREAN GROUP
fresh. honest. local.

Menu Key

