



SACRED HEART SCHOOLS

Sacred Heart Schools

November-25

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Breakfast Grill	Cage Free Eggs, Cheddar Cheese on a Mini Croissant	Pumpkin French Texas Toast with Whipped Pumpkin Butter	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		(V) Sonoran-Style Potato, Cheese, and Tomato Soup	(V) Kale White Bean and Farro Stew	Chicken and Rice Soup	(V) Indian Lemon and Coriander Soup
Platillo Latino		Mexican Taco Salad in a Flour Bowl, Romaine and Iceberg Lettuce, Pork Chile Verde, Tomatoes, Black Beans, Red Onions, Cheddar Cheese, Sour Cream with a Spicy Chipotle Ranch	Free Range Achiote Chicken Quesadilla with Monterey Jack Cheese with Spanish Rice, Shredded Lettuce, Sour Cream, House made Salsa and Guacamole	Southwest Steak Bowl, Rice, Roasted Corn, Hand Cut Salsa, Sour Cream	
Kitchen Table		Michoacan Red Chicken or (V) Wild Mushroom Mole, Mexican Rice, Whole Pinto Beans, Hand Cut Salsa, Flour Tortillas, Cool Sour Cream	Herb Tri-Tip or (V) Organic Tofu with Balsamic Glaze, Scaloped Potatoes, Roasted Broccoli and Dinner Roll with Soft Butter Pats	Homestyle Chicken or (V) Tofu Pot Pie Filled with Tender Chicken and Mixed Vegetables Topped with Flakey Puffed Pastry and Baked to Perfection	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations		Garlic Chicken Pasta Alfredo with Green Zucchini, Tomatoes, Fresh Herbs and Garlic Parmesan Bread Crumbs	Free Range Grilled Chicken Teriyaki Bowl with Steamed Coconut Rice, Stir Fried Vegetables and Grilled Pineapple Relish	Cheesy Mushroom and Grass Fed Ground Beef on a Hawaiian Slider Buns and Garlic Parmesan Fries	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, Garlic Bread
Lunch Pack	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 (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.