SACRED HEART SCHOOLS

Sacred Heart Schools

November-26

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
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	Homestyle Chicken Noodle	(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	Mini Chicken and Cheese Burrito, House Chips, Hand Cut Salsa	Mexican Taco Salad in a Flour Bowl, Romaine and Iceberg Lettuce, Mexican Spiced Ground Beef, Tomatoes, Black Beans, Red Onions, Cheddar Cheese, Sour Cream with a Spicy Chipotle Ranch	Chicken Quesadilla with Monterey Jack Cheese with Spanish Rice, Shredded Lettuce, Sour Cream, House made Salsa and Guacamole	Crispy Baja Style Popcorn Shrimp Tacos, Corn Tortillas, Shredded Cabbage, Tomatoes, Chipotle Adobo Sauce, Mango Salsa & Fresh Fruit Salad	
Kitchen Table	Stir-Fry Beef or (V) Tofu Sauteed with Fresh Broccoli Florets and Coated in a Savory Sauce, Jasmine Rice, Vegetable Spring Roll	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, Scalloped 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	BBQ Pulled Chicken Sandwich on Kaiser Roll with Sweet & Sour Apple Cabbage Slaw, Housemade Honey Chipotle BBQ Sauce and Rosemary Parmesan Potato Wedges	Free Range Grilled Chicken Teriyaki Bowl with Steamed Coconut Rice, Stir Fried Vegetables and Grilled Pineapple Relish	Grilled Chicken Tossed in Ranch Seasoning, Mozzarella Cheese, Shredded Lettuce, Chopped Tomato, Ranch Dressing Wrapped in a Flour Tortilla, House Chips	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)
	9	10	11	12	13
Breakfast Grill	Waffles with Fresh Strawberry Compote Dusted with Powdered Sugar	Buttermilk Pancakes with Sliced Strawberries, Applewood Smoked Bacon	Pumkin French Toast with Warm Maple Syrup	Sun's Up Sandwich Cage Free Egg, Sausage or Cheddar Cheese on a English Muffin	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup	Minestrone	Chicken Pozole Verde	Smoked Ham Hock and Lentil Soup	Creamy Roasted Pumpkin Soup	New England Clam Chowder
Platillo Latino	Chicken Quesadilla with Cheese Grilled to a Crispy Perfection Side of Salsa and Chips	Crispy Wings Tossed in Garlic Parmesan Sauce with Carrot Sticks, Waffle Fries and Ranch Dressing	Chicken Tacos on Tiny Flour Tortilla with Onions and Cilantro, Guacamole, with a Side of Rice	Chili Verde Chicken Burrito Stuffed with Beans, Rice and Cheese, Side of Chips, Salsa and Sour Cream	
Kitchen Table	Free Range Chicken with (V) Cheese Ravioli a la Vodka, Caramelized Onions, Peas & Grilled Garlic Bread	Slow Roasted Barbacoa Beef or (V) Portobello, Mexican Vegetable Rice, Whole Pinto Beans, Tortillas	Jamaican Jerk Chicken or (V) organic Tofu, Saffron Rice, Black beans, Mango Glaze, Plantains	Tender Chunks of Beef (V) Tofu Simmered in a Rich Red Wine Gravy with Mashed potatoes and Butternut Squash	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Spicy Kung Pao Free Range Chicken or (V) Tofu with White Jasmine Rice and Local Stir Fry Mixed Vegetables	Teriyaki Beef Bowl with Grilled Red Peppers and Zucchini, on a Bed of Coconut Ginger Rice Topped with Pineapple Salsa	Honey Ham and Swiss Slider, Dijonaise on Hawaiian Rolls, Baked to Perfection, House Chips	Smashed Avocado Burger, Grass Fed Beef Patty, Pepper Jack Cheese, Applewood Smoked Bacon, 1,000 Island Dressing on a Brioche Bun with House Lemon Pepper Chips	(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)
	16	17	18	19	20
Breakfast Grill	(V) Breakfast Burrito Scrambled Eggs, Cheese, Potato Flour Tortilla	(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	Zuppa Toscana with Pork Sausage, Potatoes, Kale & Cream	Chili Blanca with Chicken and Great Northern Beans	(V) Red Coconut Curry Soup Recipe	(V) Vegetable Noodle Soup	Soup Du Jour
Platillo Latino	Chipotle Braised Beef or (V) Tofu Tacos with Grilled Persimmon Salsa, Crumbled Cotija Cheese, Pickled Red Onions, served with Cilantro Lime Rice	Seasoned Beef and Refried Beans Layered Between Two Crispy, Flour Tortilla Shells with Mexican Pizza Sauce, Diced Tomatoes, and A Blend of Mozzarella Cheese	Baja Fish Tacos, Shredded Cabbage, Mango Pineapple Salsa, Chipotle Aioli, Tortilla Chips	Chicken or (V) Cheesy Chili Verde Nachos Topped with Melty Pepperjack Cheese, Hand Cut Salsa, Sour Cream and Guacamole	
Kitchen Table	Cheese Tortellini Florentine with Free Range Grilled Chicken or (V) Vegetarian, Roasted Red Peppers, Tomatoes, Star Farms Organic Spinach, Garlic, Onions and Clover Cream topped with Parmesan Bread Crumbs	Slow Roasted Chicken or (V) Tofu Chile Verde, Mexican Rice, Whole Pinto Beans, Cool Sour Cream, Flour Tortillas, Hand Cut Salsa	Mongolian Orange Beef or (V) Organic Tofu, Vidalia Onions, Sweet Red and Yellow Peppers, Sweet Pineapple, Roasted Broccoli over White Rice	Roasted Turkey or (V) Tofu with Baked Candied Yams, Dwelley Farms Roasted Seasonal Vegetables and Housemade Turkey Gravy, House Baked Biscuit	Free Range Chicken or (V) Tofu Egg Fried Rice, Green Onions & Toasted Sesame Seeds, Vegetable Spring Roll

Deli Creations	Grilled Chicken Sandwich with Cheddar Cheese, Applewood Smoked Bacon, Lettuce, Tomatoes and Cajun Fries	Char Siu Pork or (V) Tofu Bowl with Jasmine Rice, Ratto Ranch Asian Vegetable Mix, Housemade Honey Sriracha Sauce	Penne Pasta Bowl Topped with House Bolognese Sauce, Shredded Parmesan, Garlic Bread	Italian Deli Sandwich w/ Salami, Ham, Provolone Cheese, Lettuce, Tomato & Pepperoncini Peppers on a Panorama Bakery Country Italian Baguette	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, Garlic Bread
Lunch Pack	(V) Mini Cheddar Cheese Squares, Crackers, Carrots Sticks, Ranch Dip, Sliced Organic Strawberries	Turkey, Provolone Slider, Carrot Sticks, Ranch Dip, Mandarin Oranges, Raisins	(V) House Made Egg Salad, Crackers, Cucumber Slices, Ranch Dip, Organic Berries	Diced Free Range Chicken, BBQ Sauce, Carrots Sticks, Cucumbers, Veggie Straws, That's It Fruit Bar	

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

EPICUREAN GROUP
fresh. honest. local.