



SACRED HEART SCHOOLS

Sacred Heart Schools

October-26

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Breakfast Grill	(V) French Toast Sticks with Maple Syrup	Cinnamon French Toast with Organic Mixed Berry Compote (V)	Breakfast Slider Cage Free Egg, Cheddar Cheese, Black Forest Ham on a Slider Roll	Blueberry Pancakes with Lemon Zest, Powdered Sugar and Warm Maple Syrup	Pancakes with Warm Blood Puree and Bloody Berry Fruit Salad
Soup	(V) Tuscan Veggie Stew	Creamy Chicken-Corn Chowder	(V) Potato Leek Soup	(V) Ginger-Spiced Carrot Soup	(V) Savory Pumpkin and Sage Soup
Platillo Latino	House Made Chips Topped with Steak, Cheddar and Jack Cheese, Hand Cut Salsa, Sour Cream and Guacamole	Mexican Spiced Chicken Tacos, Flour Tortilla, Shredded Lettuce, Chopped Tomatoes, Cheddar Cheese Side of Creamy Chicken-Corn Chowder	Tater-Tachos Topped with Rojo Chicken, Cheese, Black Beans, Sour Cream, Smashed Avocado, Handcut Salsa, Topped with Tortilla Strips	Thursday Night Football: Wings, and Fries, Dipping Sauces	Fresh Ghost Skin Stuffed with Swine Innards, Jack and Cheddar Cheese Grilled to a Crispy Perfection with Salsa
Kitchen Table	Macaroni and Cheese with Free Range Chicken, Applewood Smoked Bacon or (V) Butternut Squash Topped with Seasoned Breadcrumbs, Caesar Salad	Baked Potato Bar, Mexican Spiced Beef or (V) Tofu, Shredded Cheese, Whole Black Beans, Roasted Corn, Sour Cream, Smashed Avocado, Pickled Jalapeno, Hand Cut Salsa, Crunchy Tortilla Strips	BBQ Pulled Pork or (V) Tofu, Corn Bread, Baked Beans, Roasted Broccoli, Honey Chipotle BBQ Sauce	Crispy Sesame Chicken or (V) Organic Tofu with a Sticky Asian Sauce, Jasmine Rice, Roasted, Garlic Green Beans	Spookghetti and Eyeballs in a Bloody Red Sauce with Venice Flytrap side Salad and Keep the Vampires away Garlic Bread
Deli Creations	Hawaiian Rolls Stuffed with Ham and Swiss Cheese, Topped with a Sweet & Savory Butter Poppy Seed Sauce then Baked to Golden Perfection Served with Kettle Chips	California Grilled Chicken, with Sliced Avocado, Jack Cheese, Romaine Lettuce, Tomatoes, Lemon Mayo on a Toasted Country Roll with House Lemon Pepper Chips	Grass Fed Beef Sliders, Dill Pickle, Cheese, Thousand Island Dressing with Sweet Potato Fries	BBQ Pork Sandwich with Smoked Gouda, Caramelized Onions, Dijonaise, on Texas Toast with House Chips	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, 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	1/2 Sunflower Butter, Strawberry Jam, 7 Grain Bread, Carrot Sticks, Ranch Dip, Honey Greek Yogurt, Organic Blueberries (V)	Cubed Ham, Mini Cheddar Cheese Squares, Crackers, Carrots Sticks, Ranch Dip, Sliced Organic Strawberries	Cage Free Hard Boiled Eggs, Cucumber Slices, Ranch Dip, Veggie Crisp, Raisins, Red and Green Grapes (V)

Epicurean Group at Sacred Heart Schools

Café Manager - Maggie Hurtado

Executive Chef - Lidia Garcia



EPICUREAN GROUP

fresh. honest. local.