



SACRED HEART SCHOOLS

Sacred Heart Schools

October-26

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Breakfast Grill	Cage Free Eggs, Cheddar Cheese on a Mini Croissant	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	(V) Butternut Squash	(V) Broccoli Cheddar	(V) Baby Bok Choy Soup With Garlic and Ginger	(V) Tomato Basil Soup	(V) Lemony White Bean & Potato Soup
Platillo Latino	Mexican Spiced Ground Beef Tacos on Flour Tortilla, Shredded Lettuce, Chopped Tomatoes, Shredded Cheddar, Served with Chips and Roasted Red Salsa	Carne Asada Nachos, Melty Cheddar, Shredded Lettuce, House made Guacamole, Sour Cream & Salsa	Huge Tortilla Stuffed with Shredded Chicken and Cheese and Grilled to Perfection Served with Hand Cut Salsa	Chicken Mole Bowl, Vegetable White Rice, Black Beans, Chopped Tomato, Grilled Red Onion, Roasted Corn, Smashed Avocado, Sour Cream Drizzle, Chopped Cilantro	
Kitchen Table	Chicken or (V) Tofu Kung Pao, Penne Pasta, Zucchini, Bell Peppers, Baby Corn, Onions, Fresh Cilantro & Green Onions	Slow Roasted Beef Chile Colorado or (V) Slow Roasted Tofu Chile Colorado, Side of Mexican Rice and Whole Beans with Queso Fresco and Corn Tortillas	Thai Slow Braised Beef or (V) Tofu, Coconut Milk, Green Curry, Steamed Jasmine Rice, Dwelley Farms Grilled Vegetables, Cilantro & Green Onions	Chicken or (V) Falafel Shawarma Plate with Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Riata Sauce, Couscous, Toasted Pita	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Pasta Bake with Beef, Ricotta, Mozzarella, Marinara, Parmesan, Garlic Bread	Crispy Buttermilk Free Range Chicken & Waffles, Topped with Sweet Honey Glaze, Lemon Pepper Chips	Ciabatta, Topped with Salami and Ham, Melty Swiss, Shredded Lettuce, Sliced Tomatoes, Tangy Pickles, and a Dijonaise Sauce with House Chips	Grilled Cheese and Smoked Ham on Texas Toast with a side of Tomato Basil Soup	(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)
	5	6	7	8	9
Breakfast Grill	Cage Free Eggs, Cheddar Cheese on a Mini Croissant	Pumkin French Toast with Pumpkin Spice Syrup	Blueberry Pancakes with Applewood Smoked Bacon	Breakfast Tacos with Eggs, Chorizo, Salsa, Guacamole	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup	Hearty Chicken Noodle	Cheesy Chicken Enchilada	Smoked Ham Hock and Lentil Soup	Creamy Roasted Pumpkin Soup with Bacon and Thyme	Manhattan Clam Chowder
Platillo Latino	Beefy Quesadilla with Cheese Grilled to a Crispy Perfection Side of Salsa and Chips	2 Mexican Street Corn Chicken Tacos Marinated Grilled Chicken with a Homemade Street Corn Salsa, Fresh Avocado, Cotija Cheese, Spiced Mexican Crema, Elote Corn Salad	Chili Con Carne Burrito, Pinto Beans, Rice, Cheddar and Jack Cheese	Smashed Avocado Burger, Grass Fed Beef Patty, Pepper Jack Cheese, Applewood Smoked Bacon, 1,000 Island Dressing on a Brioche Bun with Side Salad	
Kitchen Table	Free Range Lemon Chicken or (V) Tofu Tagine with Olives, Apricots and Ratto Ranch Herbs served over Saffron Cous Cous and Stewed Chickpeas	Goodbye Summer Hawaiian BBQ - Slow Roasted Kalua Pork or (V) Portobello, Pineapple and Vegetable Fried Rice, Hawaiian Macaroni Salad, Hawaiian Roll	Jamaican Jerk Grilled Chicken or (V) Cauliflower Steak, Dirty Red Beans and Rice, Roasted Sweet Potatoes, Corn Bread	Country Fried Steak or (V) Portobello with Garlic Parmesan Smashed Potatoes, Dwelley Farms Roasted Seasonal Vegetables and House made White Gravy	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	Italian Spiced Crispy Chicken Topped with Caesar salad mix on a Flakey Croissant, Lemon Pepper Chips	Teriyaki Beef Bowl with Grilled Red Peppers and Zucchini, on a Bed of Coconut Ginger Rice Topped with Pineapple Salsa	Turkey Wrap with Mayo, Applewood Smoked Bacon, Lettuce, Tomato and Swiss with Fresh Fruit Cup	Grilled Ham & Cheese Sandwich on Crusty Sourdough Bread with Cheddar and Monterey Jack Cheese served with Pumpkin Soup	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, Garlic Bread
Lunch Pack	House Made Chicken Salad, Crackers, Cucumber Slices, Ranch Dip, Organic Berries	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)
	12	13	14	15	16
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	
Soup	Cream of Sweet Potato Apple Soup	(V) Poblano and Corn Chowder	(V) Cream of Mushroom	Hot and Sour	
Platillo Latino	Loaded Carne Asada Fries, Cheese, Sour Cream, Guacamole, Hand Cut Salsa	Carnitas and Cheese Flautas Fried and Topped with Shredded Cabbage, Served with Chips and Roasted Red Salsa	Huge Tortilla Stuffed with Shredded Beef and Cheese and Grilled to Perfection Served with Hand Cut Salsa	Mexican Spiced Shredded Beef Bowl, Vegetable White Rice, Black Beans, Chopped Tomato, Grilled Red Onion, Roasted Corn, Smashed Avocado, Sour Cream Drizzle, Chopped Cilantro	
Kitchen Table	Mongolian Style Free Range Chicken or (V) Tofu Stir Fry with Peppers and Onions served with Steamed Rice, Fresh Cilantro, Green Onions and Toasted Sesame Seeds	Green Chili Chicken Layered with Corn Tortillas, Melty Jack Cheese, Topped with Black Olives Baked and Topped with Sour Cream, Served with Black Beans and Salsa Verde	Slow Cooked Grass Fed Beef or (V) Organic Mushroom Stroganoff over Egg Noodles and Blue Lake Green Beans	Chicken or (V) Organic Tofu Fried Rice with Cage Free Egg, Carrots, Corn, Green Beans, Peas, Vegetable Spring Roll	

Deli Creations	Caribbean Jerk Chicken Bowl, Mango Pineapple Salsa, Saffron Rice, Green Peas	Greek Chicken Bowl, Crunchy Cucumber, Tomato, Red Onion, Kalamata, Feta Salad, Chicken Breast with a Greek-Inspired Flavor, and Warm Wholesome Rice	Chicken Salad Sandwich, Crunchy Celery, Applewood Smoked Bacon, Romaine on a Flakey Croissant with Chips		
Lunch Pack	Cubed Ham, Mini Cheddar Cheese Squares, Crackers, Carrots Sticks, Ranch Dip, Sliced Organic Strawberries	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	
19		20	21	22	23
Breakfast Grill	Strawberry Pancakes with Warm 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	Breakfast Burrito Cage Free Egg, Potato, Cheese, Chorizo
Soup	(V) Mediterranean White Bean Soup	Chicken Tortilla Soup Topped with Cheese and Tortilla Strips	(V) Tomato and Basil Soup	(V) Vegetables Minestrone	Italian Sausage and Bean Soup
Platillo Latino	Beef Fajita Burrito Red and Green Peppers, Onions, Mexican Rice, Black Beans, Chopped Tomatoes, Sour Cream, Guacamole	Chicken or Tofu (V) Fajitas Bell Peppers, Onion, Refried Beans, Cilantro Rice, Salsa, Sour Cream	Beef Tacos, Corn Tortilla, Shredded Cabbage, Hand Cut Salsa, Avocado Cream, Refried Beans, Tortilla Chips	Carnitas or (V) Cheese Quesadilla, Spanish Rice, Organic Ranchero Beans, Salsa Fresca, Sour Cream	
Kitchen Table	Indian Butter Chicken or (V) Palak Paneer Cooked With Homemade Indian Tandoori Masala, Tossed In Rich And Buttery Tomato Gravy, Basmati Rice and Curried Cauliflower	Slow Roasted Crispy Shredded Pork Carnitas or (V) Portobello, and served with Tiny Flour Tortillas, Onion and Cilantro, Avocado Salsa, Cool Sour Cream, Whole Black Beans	Sweet and Sour Chicken or (V) Organic Tofu served with White Jasmine Rice and Garlic Green Beans	Tri-Colored Cheese Tortellini with Creamy Alfredo Sauce Topped with Chicken or (V) Portobello, Shaved Parmesan, Sundried Tomatoes, Caesar Salad, Cheesy Garlic Bread	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	BLTA, Applewood Smoked Bacon, Crispy Iceberg Lettuce, Beefsteak Tomato, Smashed Avocado, Garlic Aioli on Toasted Bread with House Chips	Oven Roasted Turkey, Pesto Aioli, Spinach, Tomato, on Wheat Bread, House Made Chips	Grilled Cheese on Texas Toast with Tomato Soup	Mediterranean Beef or (V) Mediterranean Cauliflower Shawarma bowl with Romain Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Tziki Sauce, Spiced Couscous, Toasted Pita	(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 <i>fresh. honest. local.</i>		