



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, Housemade Guacamole, Sour Cream & Salsa	Huge Tortilla Stuffed with Shredded Chicken 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	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)
Breakfast Grill		Buttermilk Pancakes with Sliced Strawberries, Applewood Smoked Bacon	Fried Egg, Prosciutto and Arugula Breakfast Toast	Sun's Up Sandwich Cage Free Egg, Sausage or Cheddar Cheese on a English Muffin	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Epicurean Group at Sacred Heart Schools Café Manager - Maggie Hurtado Executive Chef - Lidia Garcia			 EPICUREAN GROUP <i>fresh. honest. local.</i>		