



SACRED HEART SCHOOLS

Sacred Heart Schools

September-25

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
Breakfast Grill		Buttermilk Pancakes with Sliced Strawberries, Applewood Smoked Bacon	Chef Marco's French Toast with Sliced Strawberries, Dusting with Powdered Sugar	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) Egg Drop	Cheesy Chicken Enchilada	(V) Broccoli Cheddar	Butternut Squash	Creamy Chicken and Rice
Platillo Latino	Beef Fajita Burrito Red and Green Peppers, Onions, Mexican Rice, Black Beans, Chopped Tomatoes, Sour Cream, Guacamole, Chips and Hand Cut Salsa	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	Huge Tortilla Stuffed with Shredded Pork and Cheese and Grilled to Perfection Served with Chips, Hand Cut Salsa	Fries Tossed in Mexican Spices Topped with Carne Asada. Melty Cheese, Hand Cut Salsa, Sour Cream, Guacamole	
Kitchen Table	Tender Beef Slices or (V) Organic Tofu in a Rich Savory Sauce, Crispy Broccoli with Yakisoba Noodles, Vegetarian Egg Rolls	Slow Roasted Beef Chile Colorado or (V) Slow Roasted Portobello Chile Colorado, Side of Mexican Rice and Whole Beans with Queso Fresco and Corn Tortillas	Chinese Five Spice All Natural Roasted Chicken or (V) Organic Tofu with Ginger-Cilantro Sweet Chili Glaze, Jasmine Rice and Sesame-Garlic Bok-Choy	Creamy Tuscan Chicken or (V) Tofu, Fresh Basil, Sundried Tomatoes, Pasta, Caser Salad, Garlic Bread	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations	House Roasted Turkey Soft Hoagie Roll, Swiss Cheese, Garlic Aioli Spread, Baby Spinach, Smashed Avocado, Crunchy Cucumber, Tomatoes, House Lemon Pepper Chips	Greek Chicken Bowl, Brown Rice, Crunchy Cucumber, Chopped Tomato, Red Onion, Kalamita Olives, Salty Feta, Shredded Romain Lettuce, Dollop of Hummus, Crunchy Pita Chips	Chicken Ceasar Wrap, Romaine Lettuce, Croutons, Shredded Parmesan Cheese Tossed in Ceasar Dressing Wrapped in a Flour Tortilla with House Chips	Egg Salad on Tiny Croissants, Lettuce, Tomato and Carrot Sticks with Ranch Dipping Sauce	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, Garlic Bread
Lunch Pack	(V) 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	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	(V) Pitas, House Made Hummus, Edamame, Watermelon, Pretzel Sticks
	7	8	9	10	11
Breakfast Grill		(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		Caldo De Pollo	Baked Potato with Bacon and Cheddar On	Chicken and Rice	Lemon Chicken Orzo Soup
Platillo Latino		Carnitas Tacos, Flour Tortilla, Shredded Lettuce, Chopped Tomato, House Chips, Hand Cut Salsa	Huge Tortilla Stuffed with Shredded Chicken and Cheese and Grilled to Perfection Served with Hand Cut Salsa	Mexican Spiced Chicken Bowl, Vegetable White Rice, Black Beans, Chopped Tomato, Grilled Red Onion, Roasted Corn, Smashed Avocado, Sour Cream Drizzle, Chopped Cilantro	
Kitchen Table		Slow Roasted Chicken or (V) Organic Tofu Chile Verde, Mexican Vegetable Rice, Black Beans, Corn Tortillas	Slow Cooked Carolina Pulled Pork or (V) Baby Button Mushrooms with Apple Cider-Honey Sauce, Spiced Roasted Yukon Gold Potatoes, Roasted Carrots and Hawaiian Roll	Nachos Viva La Dia - Barbacoa Beef or (V) Spicy Tofu, Shredded Cheese, Hand Cut Salsa, Refried Beans, Sour Cream, Pickled Jalapenos, Cilantro & Onions Hand Cut Salsa	Fresh Baked Pepperoni Pizza or Ham and Pineapple or (V) 5 Cheese with Roasted Broccoli
Deli Creations		Pasta Bowl, House Marinara, Italian Sausage, Parmesan Cheese, Garlic Bread	Hand Breaded Chicken Tenders with Ranch Dipping Sauce and Gator Tots	BBQ Pork Sliders, Sweet and Smokey BBQ Sauce, on Hawaiian Rolls, with Jojo Potatoes	(V) Buttered Penne Pasta, Shredded Parmesan Cheese, Roasted Broccoli, Garlic Bread
Lunch Pack		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	Cubed Ham, Mini Cheddar Cheese Squares, Crackers, Carrots Sticks, Ranch Dip, Sliced Organic Strawberries
	14	15	16	17	18
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	Pumpkin French Toast Topped with Pumpkin Cream Cheese, Warm Maple Syrup	Breakfast Quesadilla Cage Free Egg, Applewood Smoke Bacon
Soup	(V) Hot and Sour Soup	Chicken Pozole with All The Fixin's	(V) Chana Dal	Minestrone	New England Clam Chowder
Platillo Latino	Birria Beef Quesadilla, House Tortilla Chips, Hand Cut Salsa	Crispy Fish Tacos, Shredded Red and Green Cabbage, Hand Cut Salsa, Creamy Lemon Dill Tarter Sauce, Flour Tortilla, Side of Chips	Chicken Street Tacos on Tiny Corn Tortillas, Onion Cilantro Mix, Black Beans, Salsa Verde		49ers Sourdough Sam Bread Bowl Filled with New England Clam Chowder
Kitchen Table	Japanese Golden Chicken or (V) Tofu Curry, Rough Cut Carrots and Potatoes, White Jasmine Rice	Cuban Beef or (V) Tofu Ropa Vieja, Cuban Yellow Rice, Black Beans, Hand Cut Salsa, Corn Tortillas	Beef or (V) Cauliflower Vindaloo with Peppers, Onions, Ginger Garlic Paste, Indian Spices, Steamed Lemon Rice, Garlic Naan and House made Cilantro Mint Chutney	Free Range Chicken and Applewood Smoked Bacon or (V) Wild Mushroom Pasta with Fresh Spinach and Tomatoes in Garlic Cream Sauce	Grass Fed Burger Bar or Garden Burger Bar with All The Fixins, Gator Tots
Deli Creations	CBR- Chicken Bacon Ranch Sandwich on Whole Wheat Hoagie Roll, Lettuce, Sliced Tomato, House Chips	Classic Beef Pastrami Reuben with House-Made Sauerkraut and Thousand Island Dressing, Swiss Cheese on Rye and Kettle Chips	Sweet Carolina BBQ Beef, Onion Strings, Soft Hoagie Roll, Gator Tots	Crispy Wings Tossed in Garlic Parmesan Sauce, Carrots Sticks, Crispy Gator Tots	

Lunch Pack	Cage Free Hard Boiled Eggs, Cucumber Slices, Ranch Dip, Veggie Crisp, Raisins, Red and Green Grapes	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)
<u>Epicurean Group at Sacred Heart Schools</u> Café Manager - Maggie Hurtado Executive Chef - Lidia Garcia			 EPICUREAN GROUP <i>fresh. honest. local.</i>		