



SACRED HEART SCHOOLS

Sacred Heart Schools

May-24

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

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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	Miso	(V) Corn Chowder	Split Pea and Ham	(V) Broccoli and Cheddar	Vegetable Beef and Barley
Platillo Latino	Chicken Tostada and Refried Beans, Lettuce, Hand Cut Salsa, Guacamole and Sour Cream and Mexican Rice		Shredded Chicken Burrito, Black Beans, Spanish Rice and Cheese		
Kitchen Table	Tender Strips of Steak Or (V) Portobello Mushroom with Fresh Roasted Broccoli in a Rich Brown Sauce, on a Bed of Jasmine Rice	Authentic Chicken or (V) Tofu Mole, Mexican Rice, Whole Pinto Beans, Hand Cut Salsa, Flour Tortillas, Cool Sour Cream	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	Beefy Baked Ziti or (V) Vegetable Baked Ziti, Roasted Vegetable Medley and Garlic Bread	Nacho Bar, Rojo Shredded Chicken or (V) Spicy Tofu, Shredded Cheese, Hand Cut Salsa, Refried Beans, Sour Cream, Pickled Jalapenos, Cilantro & Onions
Deli Creations	Grilled Chicken Sandwich, Organic Spinach, Cheddar Cheese, on Focaccia Bread, Side Salad with Ranch	Honey BBQ Chicken Tenders, Carrot Sticks and Ranch		BBQ Pork Sliders, Sweet and Smokey BBQ Sauce, on Hawaiian Rolls, with Jojo Potatoes	Hamburger with Lettuce, Tomato, Pickles and House Chips
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)