



SAINTS CAFÉ MENU

AUGUST 13th - 16th

Every child deserves a healthy start.™

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor.
Our sauces, soups, and dressings are homemade and contain no preservatives, or additives.
Our hamburger patties are 100% natural beef, and our chicken is fresh and natural.
For our sandwiches, we proudly utilize locally produced artisan breads.

VEGETARIAN

VEGAN

GLUTEN FREE

DAIRY FREE

TUESDAY | AUGUST 13TH

COLD ENTREES

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.50

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$9.25

CHICKEN ORZO PASTA SALAD Feta Cheese, Red Onion, Tomato, Cucumber, Kalamata Olive, Basil, Spinach, Balsamic Dressing \$9.25

CHICKEN PESTO SANDWICH Fresh Mozzarella, Tomato, Arugula, Balsamic Pesto, Baguette \$8.25

COLD TOFU UDON NOODLE BOWL Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame Seed, Soy-Ginger Dressing **V DF** \$8.25

TURKEY & BACON WRAP Lettuce, Tomato, Ranch Dressing, Spinach Tortilla \$8.25

HOT ENTREES

GROUND BEEF TACO BOWL Onion, Corn, Spanish Rice, Pinto Bean, Cheddar Cheese, Mild Red Salsa **GF** \$8.75

KOREAN BBQ BEEF BURRITO Kimchi, Cilantro, White Rice, Sriracha Mayo, Flour Tortilla **DF** \$8.35

PENNE CHICKEN ALFREDO 12 oz Parmesan Cream Sauce **GF Option** \$8.95

PENNE ALFREDO 12 oz Parmesan Cream Sauce **VEG GF Option** \$8.25

WEDNESDAY | AUGUST 14TH

COLD ENTREES

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.50

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$9.25

CHINESE CHICKEN SALAD Field Green, Orange, Carrot, Cabbage, Edamame, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF** \$9.25

CALIFORNIA "POKE" BOWL Krab, Sticky Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion, Side of: Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce **DF** \$9.35

COLD SWEET POTATO & GARBANZO BEAN BOWL Garlic Cauliflower, Grilled Red Onion, Roast Apple, Dry Cranberry, Kale, Quinoa, Maple- Tahini Dressing **V GF** \$7.75

ITALIAN COLD SUB Salami, Ham, Provolone, Shredded Lettuce, Tomato, Red Onion, Pepperoncini, Italian Dressing, Baguette \$8.25

TURKEY & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll \$7.50

HOT ENTREES

BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG** \$6.50

CHICKEN TIKKA MASALA Pea, Buttered Basmati Rice **GF** \$8.95

CHEESEBURGER Cheddar Cheese, Potato Bun **GF Option** \$7.95 **HAMBURGER** Potato Bun **DF GF Option** \$7.75

SAINTS CAFÉ MENU

THURSDAY | AUGUST 15TH

COLD ENTREES

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.50

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$9.25

BEEF TACO SALAD Romaine, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips, Salsa Ranch Dressing **GF** \$9.35

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF GF Option** \$8.25

COLD PORK DUMPLINGS (6) Cucumber, Edamame, Ponzu \$8.50

ROAST BEEF WRAP Cheddar, Lettuce, Tomato, Cucumber, Honey- Mustard \$8.50

HOT ENTREES

BBQ PULLED PORK SLIDERS (3) Sweet Hawaiian Roll \$7.95

GRILLED CHICKEN & SWEET POTATO BOWL 12 oz Garlic Rice, Black Beans, Corn, Bell Peppers, Tomatillo-Cilantro Sauce **GF DF** \$8.95

PENNE & MEATBALLS 12 oz Marinara, Parmesan Cheese \$8.95

PENNE MARINARA 12 oz **DF VEG GF Option** \$7.25

FRIDAY | AUGUST 16TH

COLD ENTREES

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.50

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$9.25

CHEF SALAD Romaine, Turkey, Ham, Hard Boiled Egg, Cheddar, Swiss Cheese, Tomato, Cucumber, Ranch Dressing **GF** \$8.25

BBQ CHICKEN TENDER WRAP Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla \$8.25

COLD FALAFEL BOWL Leaf Lettuce, Quinoa, Tomato, Cucumber, Cabbage, Bell Pepper, Olive, Garbanzo Bean, Hummus, Lemon- Tahini Dressing **GF V** \$8.95

TURKEY & APPLE JAM SANDWICH Swiss Cheese, Caramelized Onion, Arugula, Multigrain Bread \$8.25

HOT ENTREES

4 PIECE CHICKEN TENDERS **DF** \$7.95

CHEESE PIZZA SANDWICH Mozzarella Cheese, Cheddar Cheese, Tomato Sauce, Baguette **VEG** \$6.25

PEPPERONI PIZZA SANDWICH Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette \$7.50

ROLLED CHIPOTLE CHICKEN QUESADILLA Bell Pepper, Onion, Cheese, Flour Tortilla \$7.95

SAINTS CAFÉ MENU

BEVERAGES

NIAGRA WATER \$1.25
SMART WATER \$2.95
S. PELLEGRINO \$2.60
S. PELLEGRINO *Sparkling* \$2.85
BAI INFUSION \$3.50

GATORADE \$2.45
ALOHA \$2.65
NAKED JUICE \$4.85
HONEST GREEN TEA \$3.15
ORGANIC MILK \$2.95

ORGANIC CHOC. MILK \$2.95
HAWAII KONA COFFEE \$3.15
STARBUCKS *Double Shot* \$4.15

BREAKFAST

ASSORTED CEREAL \$1.95
BAGEL & CREAM CHEESE \$4.25
ASSORTED MUFFINS \$2.95

BUTTER CROISSANT \$3.75
CHOCOLATE CROISSANT \$3.25
ASSORTED DANISH \$3.25

CINNAMON ROLL \$3.25
EGG & CHEESE BURRITO \$5.25
BACON & EGG BURRITO \$6.95

HOMEMADE & RETAIL SNACKS

MIXED FRUIT \$3.75
ORANGE SLICES \$3.75
GRAPE CUP \$4.25
WATERMELON \$3.75
PINEAPPLE CUP \$3.95
MANGO CUP \$4.50
HARD BOILED EGG (2) \$1.75
CRUDITE & RANCH \$3.85

EDAMAME \$3.80
CHOBANI YOGURT \$1.95
POPCORN \$2.45
MISS VICKIE'S CHIPS \$2.40
LAY'S CHIPS \$1.90
CHEEZ ITS \$0.95
CHEETOS \$1.90
TAKIS \$1.00

STACEY'S PITA CHIPS \$2.45
BEEF JERKEY \$4.50
POWER PROTEIN BAR \$2.75
PICKLE BITES \$2.00
POCKY \$2.00
FRESHLY BAKED COOKIES \$1.20
PROTEIN BITES (2) \$4.15
SAPPHIRE BROWNIES \$1.75