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# SAINTS CAFÉ MENU

***Every child deserves™ a healthy start.***

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor.

Our sauces and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives.

The menu includes carefully sourced ingredients such as certified organic chicken, 100% natural beef, select meats without added nitrates or nitrites, and recipes designed to minimize the use of seed oils whenever feasible.

For our sandwiches, we proudly utilize locally produced artisanal breads with no preservatives.

Each meal is served à la carte and includes packaged utensils, napkins, and condiments. All are individually packaged and labeled with student name and grade.

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

SAPPHIRE AT SCHOOL

# MONDAY | NOVEMBER 16

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

## COLD ENTREES

### CAESAR SALAD — 7.75
Romaine, Herb Crouton, Parmesan Dressing

### GRILLED ORGANIC CHICKEN CAESAR — 11
Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

### BEEF TACO SALAD — 8.35
Romaine, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips, Salsa Ranch Dressing

### SESAME CHICKEN WRAP — 8.75
Cucumber, Carrot, Broccoli, Lettuce, Honey-Ginger Mayo, Flour Tortilla

### OVEN ROASTED TURKEY CLUB SANDWICH — 9
Nitrate-Free Bacon, Lettuce, Tomato, White Bread *GFO*

### (6) COLD PORK DUMPLINGS — 8.95
Cucumber, Edamame, Ponzu

## HOT ENTREES

### BEEF CHOW MEIN (LARGE) — 8.95
Sesame Noodle, Carrot, Cabbage, Celery, Pea, Onion

### TOFU CHOW MEIN (LARGE) — 7.95
Sesame Noodle, Carrot, Cabbage, Celery, Pea, Onion

### GRILLED CHICKEN & BACON SANDWICH — 8.65
Swiss Cheese, Soft Bun

### TURKEY PESTO SLIDERS — 7.50
Provolone Cheese, Garlic Butter, Sweet Hawaiian Rolls

SAPPHIRE AT SCHOOL

# TUESDAY | NOVEMBER 17

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

## COLD ENTREES

**CAESAR SALAD** 7.75
Romaine, Herb Crouton, Parmesan Dressing

**GRILLED ORGANIC CHICKEN CAESAR** 11
Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

**GREEK CHICKEN SALAD** 8.75
Romaine, Tomato, Cucumber, Onion, Olive, Feta, Citronade Dressing

**CHICKEN PESTO HOAGIE** 8.75
Fresh Mozzarella, Tomato, Arugula, Balsamic Pesto, Baguette

**TURKEY & BACON WRAP** 8.75
Lettuce, Tomato, Ranch Dressing, Spinach Tortilla

**CALIFORNIA ROLL** 7.75
Krab, Cucumber, Avocado, Sushi Rice, Nori, Soy Sauce

**COLD TOFU UDON NOODLE BOWL** 8.65
Cucumber, Edamame, Cabbage, Carrot, Green Onion Sesame Seed, Soy-Ginger Dressing

**COLD CHICKEN UDON NOODLE BOWL** 11.65
Organic Chopped Chicken, Cucumber, Edamame, Cabbage, Carrot, Green Onion Sesame Seed, Soy-Ginger Dressing

## HOT ENTREES

**CHICKEN BULGOGI BOWL (LARGE)** 8.65
Carrot, Onion, Cabbage, Kimchi, Steamed Rice

**(3) SWEDISH MEATBALLS** 8.50
Mashed Potato, Peas, Lingonberry Gravy

**PENNE BOLOGNESE (LARGE)** 8.95
All Beef Meat Sauce, Marinara, Parmesan *GFO*

**PENNE MARINARA (LARGE)** *GFO* 7.25

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# WEDNESDAY | NOVEMBER 18

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

## COLD ENTREES

**CAESAR SALAD** 7.75
Romaine, Herb Crouton, Parmesan Dressing

**GRILLED ORGANIC CHICKEN CAESAR** 11
Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

**BLACKENED SALMON CAESAR SALAD** 11
Romaine, Herb Crouton, Parmesan Dressing

**TURKEY & CRANBERRY SANDWICH** 8.25
Lettuce, Cranberry Cream Cheese, Multigrain Bread

**HAM & CHEDDAR HOAGIE** 8.25
Lettuce, Tomato, Cucumber, Honey Mustard, Baguette

**(6) COLD PORK DUMPLINGS** 8.95
Cucumber, Edamame, Ponzu

**CALIFORNIA "POKE" BOWL** 9.95
Krab, Sticky White Rice, Edamame, Tomato, Cucumber
Japanese Carrot, Cabbage, Green Onion
Side of: Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce

## HOT ENTREES

**4 PIECE CHICKEN TENDERS** 7.50

**PENNE CHICKEN ALFREDO (LARGE)** 8.95
Parmesan Cream Sauce *GFO*

**PENNE ALFREDO (LARGE)** 7.75
Parmesan Cream Sauce *GFO*

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# THURSDAY | NOVEMBER 19

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

## COLD ENTREES

### CAESAR SALAD — 7.75
Romaine, Herb Crouton, Parmesan Dressing

### GRILLED ORGANIC CHICKEN CAESAR — 11
Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

### CHINESE CHICKEN SALAD — 8.75
Field Green, Orange, Carrot, Cabbage, Edamame, Cucumber, Wonton, Orange-Sesame Dressing

### CHINESE TOFU SALAD — 7.75
Field Green, Orange, Carrot, Cabbage, Edamame, Cucumber, Wonton, Orange-Sesame Dressing

### TURKEY & SWISS WRAP — 8.25
Lettuce, Tomato, Flour Tortilla

### ITALIAN COLD SUB — 8.75
Salami, Ham, Provolone, Shredded Lettuce, Tomato, Red Onion, Pepperoncini, Italian Dressing, Baguette

### SPICY KRAB INARIZUSHI — 9.25
Edamame, Cucumber, Ponzu Sauce

## HOT ENTREES

### GREEK LEMON CHICKEN & ORZO (LARGE) — 8.75
Carrots, Parmesan, Orzo Pasta

### CHEESEBURGER — 8.15
Angus Beef, Cheddar Cheese, White Bun *GFO*

### HAMBURGER — 7.85
Angus Beef, White Bun *GFO*

### TRADITIONAL POT ROAST — 8.95
Carrot, Pea, Mashed Potato, Onion, Celery

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# FRIDAY | NOVEMBER 20

VEGETARIAN (OPTION) · VEGAN · GLUTEN FREE (OPTION) · DAIRY FREE · ORGANIC · SEED OIL FREE · NITRATE FREE · NOT SCRATCH MADE

## COLD ENTREES

**CAESAR SALAD** 7.75
Romaine, Herb Crouton, Parmesan Dressing

**GRILLED ORGANIC CHICKEN CAESAR** 11
Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

**CILANTRO LIME BEEF SALAD** 8.95
Field Green, Mozzarella, Roast Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette

**BLT SANDWICH** 8.75
Nitrate-Free Bacon, Lettuce, Tomato, White Bread *GFO*

**ROAST BEEF & HAVARTI CROISSANT** 9.50
Lettuce, Tomato, Butter Croissant

**TERIYAKI SALMON ROLL** 8.50
Cucumber, Avocado, Sticky Rice, Nori, Edamame

## HOT ENTREES

**(3) BBQ PULLED PORK SLIDERS** 7.50
Sweet Hawaiian Rolls

**KOREAN BBQ CHICKEN BOWL** 8.95
Kimchi, Carrot, Edamame, Sesame- Green Onion Rice

**MAC & CHEESE (LARGE)** 7.75
Macaroni, House Made Cheese Sauce *GFO*

**WHOLE GRAIN CHICKEN CORN DOG** 4.95

SAPPHIRE®
AT SCHOOL

## BREAKFAST

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|---|---|---|---|---|---|
| ASSORTED CEREAL | 2.05 | BUTTER CROISSANT | 3.95 | CINNAMON ROLL | 3.45 |
| BAGEL & CREAM CHEESE | 4.50 | CHOCOLATE CROISSANT | 3.45 | EGG & CHEESE BURRITO | 6.50 |
| ASSORTED MUFFINS | 3.15 | ASSORTED DANISHES | 3.45 | BACON & EGG BURRITO | 7.50 |

## DAILY BEVERAGES

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|---|---|---|---|---|---|
| NIAGRA WATER | 1.45 | GATORADE | 2.60 | ORGANIC CHOCOLATE MILK | 2.95 |
| SMART WATER | 3.10 | ALOHA | 3.15 | HAWAIIAN KONA COFFEE | 3.15 |
| SAN PELLEGRINO | 2.60 | NAKED JUICE | 4.95 | STARBUCKS DOUBLE SHOT | 4.15 |
| SAN PELLEGRINO (SPARKLING) | 2.75 | HONEST GREEN TEA | 3.15 | LA COLOMBE COFFEE | 5.75 |
| BAI INFUSION | 3.45 | ORGANIC MILK | 2.95 | ITO EN GREEN TEA | 3.40 |

## DAILY HOMEMADE & RETAIL SNACKS

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| MIXED FRUIT | 3.75 | EDAMAME | 3.40 | STACEY'S PITA CHIPS | 2.25 |
| ORANGE SLICES | 2.95 | CHOBANI YOGURT | 1.95 | BEEF JERKY | 4.75 |
| GRAPE CUP | 3.35 | POPCORN | 2.25 | POWER PROTEIN BAR | 3.10 |
| WATERMELON CUP | 2.95 | MISS VICKIE'S CHIPS | 2.15 | PICKLE BITES | 3.10 |
| PINEAPPLE CUP | 2.95 | LAY'S CHIPS | 1.95 | POCKY | 3.40 |
| MANGO CUP | 4.85 | CHEEZ ITS | 0.95 | FESHLY BAKED COOKIES | 1.25 |
| (2) HARD BOILED EGGS | 1.85 | CHEETOS | 1.95 | (2) ENERGY BITES | 3.85 |
| CRUDITE & RANCH | 3.85 | TAKIS | 1.00 | SAPPHIRE BROWNIES | 1.85 |