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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.





MONDAY | AUGUST 31



COLD ENTREES

CAESAR SALAD 7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED ORGANIC CHICKEN CAESAR 11

Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

CHICKEN & ORZO PASTA SALAD 8.75

Feta, Red Onion, Tomato, Cucumber, Kalamata Olive, Basil, Spinach, Balsamic Dressing VEGO

SESAME CHICKEN WRAP 8.75

Cucumber, Carrot, Broccoli, Lettuce, Honey-Ginger Mayo, Flour Tortilla

OVEN ROASTED TURKEY CLUB 9

Nitrate-Free Bacon, Lettuce, Tomato, White Bread GFO

(6) COLD PORK DUMPLINGS 8.95

Cucumber, Edamame, Ponzu

HOT ENTREES

ALL BEEF HOTDOG 5.25

Traditonal Bun

BEEF CHOW MEIN (LARGE) 8.95

Sesame Noodle, Carrot, Cabbage, Celery, Pea, Onion

CHICKEN TIKKA MASALA (LARGE) 8.95

Chicken, Peas, Basmati Rice

CHICKPEA & CAULIFLOWER TIKKA MASALA (LARGE) 7.95

Chickpeas, Roasted Cauliflower, Peas, Basmati Rice

CHOPPED CARNE ASADA BURRITO 8.75

Refried Pinto Beans, Tomato-Garlic White Rice
Salsa Roja, Flour Tortilla



TUESDAY | SEPTEMBER 1



COLD ENTREES

CAESAR SALAD 7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED ORGANIC CHICKEN CAESAR 11

Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN & STRAWBERRY SALAD 9.25

Field Green, Strawberry, Cucumber, Feta Cheese, Sunflower Seed, Sherry Dressing

HAM & SWISS CROISSANT 9.50

Ham, Tomato, Lettuce

THAI SWEET CHILI WRAP 8.75

Carrot, Cucumber, Bell Pepper, Cabbage, Lettuce, Cilantro, Hoisin- Sunbutter Spread, Flour Tortilla

CALIFORNIA ROLL 7.75

Krab, Cucumber, Avocado, Sushi Rice, Nori, Soy Sauce

COLD TOFU UDON NOODLE BOWL 7.95

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

CHEESEBURGER 8.15

Angus Beef, Cheddar Cheese, White Bun GFO

HAMBURGER 7.85

Angus Beef, White Bun GFO

HARVEST CHICKEN & SWEET POTATO BOWL 7.95

Herb-Roasted Chicken, Roasted Sweet Potatoes Green Beans, Jasmine Rice, Maple Dijon Glaze

HARVEST SWEET POTATO & CHICKPEA BOWL 6.95

Roasted Sweet Potatoes, Roasted Chickpeas Green Beans, Jasmine Rice, Maple Dijon Glaze

PENNE & (3) MEATBALLS 8.95

Marinara, Parmesan Cheese

PENNE MARINARA (LARGE) 6.50

ROLLED CHIPOTLE CHICKEN QUESADILLA 7.95

Bell Pepper, Onion, Cheese, Flour Tortilla



WEDNESDAY | SEPTEMBER 2



COLD ENTREES

CAESAR SALAD 7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED ORGANIC CHICKEN CAESAR 11

Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

ROAST CHICKEN COBB SALAD 8.75

RRomaine, Egg, Bacon, Tomato, Cucumber, Cheddar Cheese, Avocado Ranch Dressing

SOUTHWEST CHICKEN WRAP 8.75

Black Beans, Roasted Corn, Pico de Gallo, Cabbage
Lettuce, Cheddar Cheese, Avocado-Cilantro Ranch, Flour Tortilla

TURKEY HOAGIE 7.50

Provolone Cheese, Lettuce, Tomato

CHICKEN SHAWARMA BOWL 8.75

Romaine, Tomato, Cucumber, Red Onion, Olives, Feta
Pita Chips, Lemon-Garlic Yogurt, Hummus

GARBANZO BEAN BOWL 7.75

Romaine, Roasted Zucchini, Tomato, Cucumber, Red
Onion, Olives, Pita Chips, Citrus Dressing, Hummus

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

(3) BBQ PULLED PORK SLIDERS 7.50

Sweet Hawaiian Roll

SESAME GROUND TURKEY BOWL (LARGE) 8.35

Green Onion, Broccoli, Carrot, Steamed Brown Rice

SESAME GROUND TOFU BOWL (LARGE) 8.95

Scrambled Egg, Carrot, Corn, Onion, Peas

PENNE CHICKEN ALFREDO (LARGE) 8.95

Parmesan Cream Sauce GFO

PENNE AFREDO (LARGE) 7.75

Parmesan Cream Sauce GFO

CHICKEN CHILI VERDE BOWL 8.65

Corn, Pinto Beans, Tomato Rice



THURSDAY | SEPTEMBER 3



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 & BACON WRAP 9

Lettuce, Tomato, Ranch Dressing, Flour Tortilla

ITALIAN COLD SUB 8.75

Salami, Ham, Provolone, Shredded Lettuce, Tomato, Red Onion, Pepperoncini, Italian Dressing, Baguette

CALIFORNIA ROLL 7.75

Krab, Cucumber, Avocado, Sushi Rice, Nori, Soy Sauce

HOT ENTREES

BBQ BEEF MEATLOAF 8.65

Carrots, Mashed Potato

CHICKEN TACO BOWL (LARGE) 8.95

Onion, Spanish Rice, Pinto Bean, Cheddar Cheese, Mild Red Salsa

VEGGIE TACO BOWL (LARGE) 7.95

Onion, Spanish Rice, Pinto Bean, Mild Red Salsa

STEAMED PORK BUNS (2) 8.15

Ground Pork, Bao Buns

CREAMY CHICKEN PESTO PASTA (LARGE) 8.95

Chicken, Tomato, Zucchini, Parmesan Cheese, Fusilli Pasta

PESTO PASTA PRIMAVERA (LARGE) 7.95

Tomato, Zucchini, Parmesan Cheese, Fusilli Pasta



FRIDAY | SEPTEMBER 4



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

HAM & CHEDDAR HOAGIE 7.25

Ham, Lettuce, Tomato, Baguette

BLT SANDWICH 8.75

Bacon, Lettuce, Tomato, White Pullman Bread

PROTEIN BOX 7.25

Hard Boiled Egg, Cheddar Cheese, Grapes, Carrots, Tomatoes, Sunflower Seed Butter, Ritz Crackers

(4) SPICY KRAB INARIZUSHI 9.25

Edamame, Cucumber, Ponzu Sauce

HOT ENTREES

TURKEY CHILI BOWL (LARGE) 8.50

Red Bean, Pinto Bean, Cheddar Cheese, Tater Tots

CARNITAS BOWL (LARGE) 8.65

White Rice, Pinto Beans, Pico de Gallo

PEPPERONI PIZZA SANDWICH 7.95

Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette

CHEESE PIZZA SANDWICH 6.50

Mozzarella Cheese, Tomato Sauce, Baguette

BEAN & CHEESE BURRITO 6.50

Cheddar Cheese, Pinto Beans, Flour Tortilla



BREAKFAST

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

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

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	2.15
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