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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 | OCTOBER 5



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**

ITALIAN CHICKEN WRAP 8.75

Provolone, Arugula, Tomato, Olive, Balsamic, Sundried Tomato, Spinach 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

ALL BEEF HOTDOG 5.25

Traditonal Bun **GFO**

CHICKEN SHAWARMA BOWL (LARGE) 8.95

Garlic Zucchini, Carrot, Buttered Basmati Rice

BLACKENED CHICKEN PASTA (LARGE) 7.95

Bell Pepper, Onion, Tomato, Cajun Alfredo Sauce



TUESDAY | OCTOBER 6



COLD ENTREES

CAESAR SALAD 7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED ORGANIC CHICKEN CAESAR 11

Organic Grilled Chicken, Romaine, Herb Crouton, Parmesan Dressing

CHOPPED TURKEY & APPLE SALAD 8.65

Mixed Greens, Celery, Carrot, Cucumber, Dried Cranberries
Sunflower Seeds, Quinoa, Balsamic Dressing

TUNA SALAD CROISSANT 9.25

Lettuce, Tomato, Lemon-Mayonnaise

(3)TURKEY & CHEDDAR SLIDERS 7.50

Sweet Hawaiian Rolls

SPAM & EGG MAKI ROLL 7.25

Glazed Spam, Egg, Sticky Rice, Nori, Edamame

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

HOUSE CHICKEN BOWL 8.65

Steamed Jasmine Rice, Cabbage, Carrot, Onion

PENNE & (3) MEATBALLS 8.95

Marinara, Parmesan Cheese

PENNE MARINARA (LARGE) GFO 6.50



WEDNESDAY | OCTOBER 7



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 Beans, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips, Salsa Ranch

CHICKEN PITA WRAP 8.75

Tomato, Cucumber, Red Onion, Kalamata Olive, Feta Cheese, Romaine, Tzatziki, Lemon-Oregano Dressing, Pita Bread

TURKEY HOAGIE 7.50

Provolone Cheese, Lettuce, Tomato

(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

(3) BBQ PULLED PORK SLIDERS 7.50

Sweet Hawaiian Roll

YELLOW CHICKEN CURRY (LARGE) 7.95

Bell Pepper, Onion, Broccoli, Carrot, Steamed Jasmine Rice

YELLOW TOFU CURRY (LARGE) 6.95

Bell Pepper, Onion, Broccoli, Carrot, Steamed Jasmine Rice

PENNE CHICKEN ALFREDO (LARGE) 8.95

Parmesan Cream Sauce  GFO

PENNE ALFREDO (LARGE) 7.75

Parmesan Cream Sauce  GFO

WHOLE GRAIN CHICKEN CORN DOG 4.95



THURSDAY | OCTOBER 8



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

BBQ CHICKEN TENDER WRAP 8.75

Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla

ITALIAN COLD SUB 8.75

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

TURKEY & CHEDDAR SANDWICH 7

Cheddar Cheese, Soft Wheat Bread *GFO*

HOT ENTREES

CHEESE ENCHILADAS 7.50

Pinto Bean, Spanish Rice

CHICKEN TERIYAKI SANDWICH 7.95

Grilled Pineapple, Soft Bun

ROSEMARY CHICKEN & CHEESE TORTELLINI (LARGE) 8.65

Peas, Tomato-Basil Cream Sauce

(2) STEAMED PORK BUNS 7.50



FRIDAY | OCTOBER 9



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 & AVOCADO SANDWICH 8.75

Lettuce, Tomato, Avocado Spread, Ciabatta Bread

BLT SANDWICH 8.75

Bacon, Lettuce, Tomato, White Pullman Bread

ROAST BEEF & CHEDDAR SLIDERS 7.50

Sweet Hawaiian Rolls

CALIFORNIA ROLL 7.75

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

HOT ENTREES

(4) BAKED CHICKEN TENDERS 7.50

BRAISED BEEF BARBACOA BOWL(LARGE) 8.65

Corn, Bell Pepper, Pico del Gallo, Cheese, White Rice, Pinto Beans

TURKEY CHILI (LARGE) 8.5

Red Beans, Pinto Beans, Cheddar Cheese, Tater Tots

MAC & CHEESE (LARGE) 7.50

Macaroni, House Made Cheese Sauce



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