



# Menu



Monday

September 1, 2025



## Café Service Hours

7:30 - 10:00

11:00 - 1:00

2:30 - 3:30

## Today's Grab and Go Special

### Monday:

LABOR DAY! NO SCHOOL!

### Tuesday:

Watermelon & Peach Arugula Salad, Mixed Greens, Sunflower Seeds, Cherry Tomatoes, Pickled Red Onions, Poppyseed Lemon Vinaigrette

### Wednesday:

Loaded Greek Orzo Salad, Grilled Chicken, Cucumbers, Kalamata Olives, Feta Cheese, Red Onions, Cherry Tomatoes, Balsamic Honey Vinaigrette

### Thursday:

Taco Salad, Grilled Chicken, Romaine Lettuce, Cherry Tomatoes, Pickled Red Onions, Shredded Cheese, Fried Tortilla Strips, Chipotle Ranch

### Friday:

Chopped Asian Salad, Grilled Chicken, Romaine Lettuce, Cucumber, Edamame, Crispy Won Ton Strips, Green Onions, Soy Ginger Vinaigrette

Tuesday

September 2, 2025

### Alarm Clock Breakfast

Traditional Breakfast Trio, Cage Free Scrambled Eggs, Country Potatoes, Applewood Smoked Bacon

### Passage of India

Chicken Tandoori, Basmati Rice, Grilled Eggplant & Summer Squash, Raita

### Taste of Italy

Penne Arabiatto, Side Mixed Greens Salad, Housemade Garlic Bread

### Panini

Hot Ham & Cheese Sandwich, Vegetable Crudite

Wednesday

September 3, 2025

### Alarm Clock Breakfast

Overnight Strawberry French Toast, Cream Cheese Drizzle, Applewood Smoked Bacon

### Izakaya

Mongolian Beef, Vegetable Fried Rice, Eggroll, Fortune Cookie

### American BBQ Series

BBQ Chicken, Macaroni & Cheese, Corn on the Cobb

### Panini

Chicken Torta, Grilled Chicken, Bolillo Bread, Refried Beans, Lettuce, Tomato, Pickled Red Onions, Salsa, Tortilla Chips

Thursday

September 4, 2025

### Alarm Clock Breakfast

Smoothie Bowls, Housemade Granola, Fresh Berries, Greek Vanilla Yogurt, Applewood Smoked Bacon

### Izakaya

Bang Bang Shrimp, Sticky Jasmine Rice, Steamed Broccoli & Onion, Fortune Cookie

### Taste of Italy

Chicken Cacciatore, Creamy Polenta, Side Caesar Salad

### Panini

Cod Fish Sandwiches, Brioche Bun, Tartar Sauce, Pickled Red Onions, French Fries

Friday

September 5, 2025

### Alarm Clock Breakfast

Fluffy Biscuit Breakfast Sandwiches, Biscuit, Fried Egg, Cheddar Cheese, Sausage Patty

### Kitchen Table

Hamburgers, Side Salad, Burger Sauce, Melon Slice

### Platillos Latinos

Pork Chile Verde, Spanish Rice, Pinto Beans, Flour or Corn Tortilla, Crema, Salsa

### Panini

Honey Mustard Grilled Chicken Sandwich, Kettle Chips

## Epicurean Group at St. Francis Catholic High School

Your Executive Chef: Jenn Slaughter

Café/Catering Manager: Evelyn Barela

(916) 737-5062

## Promotions

## Snack Smarter September

Fuel your day the better way! Discover tasty, grab-and-go snack swaps that are nutritious, energizing, and anything but boring.

Fresh Cut Fruit Cups

Veggie Sticks with Hummus

Greek Yogurt Parfaits with Berries & Granola

Crudite Cups with Housemade Ranch



## In the Know

Epicurean Group is a Food Service Management Company headquartered on the West Coast.

We are one of the first food service companies to be certified as a Green Business, recognized for community environmental responsibility, resource conservation, and pollution prevention.

We have ranked as one of the Food Management Top 50 Companies for 10 consecutive years.



## Menu Key



Vegetarian



Vegan



Organic



Free Range



Grass Fed



Cage Free



Contains Gluten