



Menu



Monday November 11, 2024

VETERANS DAY
HONORING ALL WHO SERVED

Café Service Hours
7:30 - 10:00
11:00 - 1:00
2:30 - 3:30

Today's Grab and Go Special
Monday:
HOLIDAY - NO SCHOOL - HOLIDAY

Tuesday November 12, 2024

<i>Alarm Clock Breakfast</i>	Cage Free Egg Sandwiches, Texas Toast, Cheese, Applewood Smoked Bacon
<i>Latinos Platillos</i>	Pork Carnitas Tacos, Fresh Tortilla, Salsa, Roasted Vegetables, Spanish Rice
<i>Taste of Italy</i>	Grass Fed Ground Beef Albufera Pasta, Fresh Herbs, Garlic Flatbread, Broccoli Florets
<i>Panini</i>	Grilled Pesto Chicken, Sundried Tomato Aioli, Wild Arugula & Provolone, Focaccia

Tuesday:
Bleu Spinach Salad, Smoked Applewood Bacon, Bleu Cheese, Chopped Cage Free Egg, Organic Spinach, Shaved Onion, Fresh Tomato, Pumpkin Seeds

Wednesday:
Gochujang Chicken Bowl, Quinoa, Edamame, Shredded Carrot, Cucumber, Mixed Greens

Wednesday November 13, 2024

<i>Alarm Clock Breakfast</i>	Blueberry Buttermilk Pancakes, Applewood Smoked Bacon, Fresh Berries, Maple Syrup
<i>Izakaya</i>	Pork Lo Mein, Lo Mein Noodles, Stir Fried Asian Vegetables
<i>Kitchen Table</i>	Free Range BBQ Chicken, Roasted Yukon Gold Potatoes, Roasted Vegetables
<i>Panini</i>	Greek Flatbread, Tatziki, Kalamata Olives, Sundried Tomatoes, Red Onions, Gyro Meat

Thursday:
Free Range Grilled Chicken Greek Salad, Cherry Tomatoes, Cucumbers, Red Onions, Kalamata Olives, Feta Cheese

Friday:
Asian Chicken Salad, Vermicelli Noodles, Edamame, Carrots, Won Ton Crisps, Cabbage, Hoisin Dressing

Thursday November 14, 2024

<i>Alarm Clock Breakfast</i>	Hashbrown Breakfast Bowls, Scrambled Eggs, Applewood Smoked Bacon, Cheddar Cheese
<i>Passage of India</i>	Yellow Curry Tofu, Roasted Vegetables, Naan Bread
<i>Platillos Latino</i>	Pork Chile Verde, Verde Tomatillo Sauce, Jasmine Rice, Organic Black Beans
<i>Panini</i>	Buffalo Free Range Chicken Sandwiches, Pickled Red Onion, Bolillo Bread, Kettle Chips

Promotions

CUPCAKE crazy

11/15/24

Join us at the Café for a delightful cupcake decorating where you can personalize your own delicious treat!

See how close you can get to Mrs. Olivia's amazing cupcake design

Friday November 15, 2024

<i>Alarm Clock Breakfast</i>	Toasted Bagel Breakfast Sandwich, Black Forest Ham, Cage Free Egg, Cheddar Cheese
<i>Izakaya</i>	General Tso Free Range Chicken, Stir Fry Vegetables, Jasmine Rice
<i>Global Adventure</i>	Brauwurst, Kartoffelsalat (German Warm Potato Salad), Sauerkraut, Braised Cabbage & Onions
<i>Street Food</i>	Free Range Grilled Chicken Nachos, Jalapenos, Pepperjack Cheese Sauce, Crema, Pickled Red Onions

WAYS TO REDUCE MEAT CONSUMPTION

1. Go meat-free 1 time a week. Reduced meat consumption can positively benefit the environment and your health. Try our Ancient Grains and Slow Beans Salad recipe.
2. Use enough protein to keep you energized throughout the day. Try our Protein Powerballs, like herbs and almonds. You will feel fuller and be satisfied longer.
3. Experiment with new grains and vegetables to add a variety of new flavors and textures to your meals.
4. Eat whole and unprocessed snacks rather than junk food. Choose snacks that are organic or contain whole grains. For example, try our Organic, Gluten Free, and Non-GMO Protein Bars.
5. Try substituting meat-free versions of your favorite foods.

Epicurean Group at St. Francis Catholic High School

Your Executive Chef: Jenn Slaughter

Café/Catering Manager: Evelyn Barela
(916) 737-5062

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

