

ALISO VIEJO CHRISTIAN SCHOOL LUNCH MENU | SEPTEMBER 3RD – 6TH



Every child deserves a healthy start.™

Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Each lunch entrée is priced a la carte with the option to add on a “Lunch Box” or miscellaneous snacks. Our sauces, soups, and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives. Our hamburger patties are all natural, 100% beef, and our chicken is all-natural and hormone free. For our sandwiches, we serve a low-sodium turkey breast and we proudly utilize locally produced artisanal breads.

Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

SALAD SELECTIONS

Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Grilled Chicken Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Veggie “Taco” Salad Field Green, Tomato, Roasted Corn, Black Bean, Pico de Gallo, Corn Tortilla Strip, Salsa Ranch Dressing **GF**

Grilled Chicken & Strawberry Salad Field Green, Strawberry, Cucumber, Goat Cheese, Sherry Dressing **GF**

SANDWICH & WRAP SELECTIONS

Oven Roasted Turkey Club Sandwich Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

Sunflower Seed Butter & Jelly Sandwich Whole Wheat Bread **DF V**

Turkey Pesto Wrap Lettuce, Tomato, Havarti Cheese, Whole Wheat Tortilla

Mediterranean Sandwich Tomato, Cucumber, Lettuce, Cheddar Cheese, Avocado-Hummus, Whole Wheat Bread

GLOBALLY INSPIRED ENTRÉE SELECTIONS

Hamburger Natural Angus Beef, Whole Wheat Bun **GF & Cheese Available*

Garden Burger Veggie Patty, Cheddar Cheese, Whole Wheat Bun

Chicken Enchiladas Roasted Corn, Spanish Rice, Cheddar Cheese, Pinto Bean **GF**

Cheese Enchiladas Roasted Corn, Spanish Rice, Cheddar Cheese, Pinto Bean **GF**

Traditional Pot Roast Carrot, Pea, Potato, Onion, Celery **GF DF**

Teriyaki Veggie Bowl Carrot, Onion, Broccoli, Steamed Rice **DF V**

Butter Noodles & Chicken Buttered Penne, Grilled Chicken Breast **GF Available*

Chicken Tenders All White Meat, Bag of Chips **DF**

Pepperoni Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Lunch Box

Fruit Cup

Edamame

Crudité Box

Protein Bites

Side Salad

Yogurt Parfait

Miss Vickie’s Chips

Freshly Baked Cookies

ALISO VIEJO CHRISTIAN SCHOOL LUNCH MENU | SEPTEMBER 9TH -13TH



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

SALAD SELECTIONS

Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Grilled Chicken Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Cilantro Lime Beef Salad Field Green, Leaf Lettuce, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**

Greek Salad Romaine, Cucumber, Tomato, Red Onion, Kalamata Olive, Feta Cheese, Citronade Dressing **GF**

SANDWICH & WRAP SELECTIONS

Oven Roasted Turkey Club Sandwich Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

Sunflower Seed Butter & Jelly Sandwich Whole Wheat Bread **DF V**

Chicken & Avocado Croissant Bacon, Lettuce, Tomato, Cheddar, Croissant

Falafel Pita Tomato, Cucumber, Lettuce, Feta, Tzatziki, Hummus

GLOBALLY INSPIRED ENTRÉE SELECTIONS

Corn Dog Whole Grain Chicken Corn Dog, Bag of Chips **DF**

Rolled Chicken Quesadilla Cheese, Onion, Bell Pepper

Meatball Sub Sandwich Meatball, Marinara, Mozzarella, Hoagie Roll

Veggie Chow Mein Sesame Noodle, Shredded Carrot, Cabbage, Celery, Pea, Onion **DF V**

Spaghetti & Meatballs Marinara, Parmesan Cheese

Shepherd's Pie Seasoned Ground Beef, Creamy Mashed Potato, Pea, Carrot, Cheddar Cheese **GF**

Butter Noodles & Chicken Buttered Penne, Grilled Chicken Breast * *GF Available*

Chicken Tenders All White Meat, Bag of Chips **DF**

BBQ Chicken Pizza Sandwich Red Onion, Cilantro, Mozzarella, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Lunch Box

Fruit Cup

Edamame

Crudité Box

Protein Bites

Side Salad

Yogurt Parfait

Miss Vickie's Chips

Freshly Baked Cookies

ALISO VIEJO CHRISTIAN SCHOOL LUNCH MENU | SEPTEMBER 16TH- 20TH



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

SALAD SELECTIONS

Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Grilled Chicken Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Chicken Apple Salad Crumbled Goat Cheese, Cranberry, Sunflower Seed, Pomegranate Citrus Dressing

Italian Vegetable Salad Tomato, Cucumber, Kalamata Olive, Green Bean, Cauliflower, Orzano-Lemon Dressing **GF DF V**

SANDWICH & WRAP SELECTIONS

Oven Roasted Turkey Club Sandwich Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

Sunflower Seed Butter & Jelly Sandwich Whole Wheat Bread **DF V**

Turkey Cranberry Sandwich Swiss Cheese, Arugula, Tomato, Cranberry Aioli, French Baguette

Veggie Hummus Pita Zucchini, Bell Pepper, Eggplant, Hummus **V**

GLOBALLY INSPIRED ENTRÉE SELECTIONS

Turkey Chili Mac & Cheese House Made Cheese Sauce

Mac & Cheese Macaroni, House Made Cheese Sauce

Beef Fajita Bowl Roasted Corn, Seasonal Vegetable, Pinto Bean, Spanish Rice **GF DF**

Veggie Fajita Bowl Roasted Corn, Seasonal Vegetable, Pinto Bean, Spanish Rice **GF DF V**

Grilled Chicken “Burger” Swiss Cheese, Bacon, Potato Bun

BBQ Pulled Pork Sliders Sweet Hawaiian Roll

Butter Noodles & Chicken Buttered Penne, Grilled Chicken Breast * *GF Available*

Chicken Tenders All White Meat, Bag of Chips **DF**

Pepperoni Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Lunch Box

Fruit Cup

Edamame

Crudité Box

Protein Bites

Side Salad

Yogurt Parfait

Miss Vickie’s Chips

Freshly Baked Cookies

ALISO VIEJO CHRISTIAN SCHOOL LUNCH MENU | SEPTEMBER 23RD -27TH



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

SALAD SELECTIONS

Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Grilled Chicken Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Roast Chicken Cobb Salad Romaine, Egg, Avocado Tomato, Herb Ranch Dressing **GF**

Greek Salad Romaine, Cucumber, Tomato, Red Onion, Kalamata Olive, Feta Cheese, Citronade Dressing **GF**

SANDWICH & WRAP SELECTIONS

Oven Roasted Turkey Club Sandwich Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

Sunflower Seed Butter & Jelly Sandwich Whole Wheat Bread **DF V**

“BLT” Bacon, Lettuce, Tomato, Whole Wheat **DF**

Caprese Sandwich Mozzarella, Tomato, Basil, Balsamic, Whole Wheat Baguette

GLOBALLY INSPIRED ENTRÉE SELECTIONS

Corn Dog Whole Grain Chicken Corn Dog, Bag of Chips **DF**

Chicken Soft Tacos Cabbage, Cheddar Cheese, Corn Tortilla, Side of Pico de Gallo **GF**

Philly Cheesesteak Sandwich Bell Pepper, Onion, Provolone, Soft French Roll

Veggie Chow Mein Sesame Noodle, Shredded Carrot, Cabbage, Celery, Pea, Onion **DF V**

Chicken Penne Pesto Garden Vegetable, Pesto Cream Sauce

Penne Pesto Garden Vegetable, Pesto Cream Sauce

Butter Noodles & Chicken Buttered Penne, Grilled Chicken Breast * *GF Available*

Chicken Tenders All White Meat, Bag of Chips **DF**

BBQ Chicken Pizza Sandwich Red Onion, Cilantro, Mozzarella, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Lunch Box

Fruit Cup

Edamame

Crudité Box

Protein Bites

Side Salad

Yogurt Parfait

Miss Vickie’s Chips

Freshly Baked Cookies

ALISO VIEJO CHRISTIAN SCHOOL LUNCH MENU | SEPTEMBER 30TH- OCTOBER 4TH



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

SALAD SELECTIONS

Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Grilled Chicken Caesar Salad Romaine, Herb Crouton, Parmesan Dressing

Cilantro Lime Beef Salad Field Green, Mozzarella, Corn, Tomato, Toasted Pumpkin Seeds, Cilantro-Lime Vinaigrette **GF**

BBQ Chicken Tender Salad Romaine, Carrot, Corn, Tomato Cheddar Cheese, BBQ Ranch Dressing

SANDWICH & WRAP SELECTIONS

Oven Roasted Turkey Club Sandwich Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

Sunflower Seed Butter & Jelly Sandwich Whole Wheat Bread **DF V**

Turkey & Cheddar Bagel Sandwich Tomato, Cucumber, Veggie Cream Cheese

Italian Sandwich Salami, Ham, Provolone, Lettuce, Tomato, Whole Wheat Bread

GLOBALLY INSPIRED ENTRÉE SELECTIONS

All Beef Hot Dog Whole Wheat Bun, Bag of Chips **DF**

Carne Asada Burrito Shredded Cheese, Bell Pepper, Roasted Corn, Spanish Rice, Pinto Bean, Whole Wheat Tortilla

Bean & Cheese Burrito Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla

Veggie Chow Mein Sesame Noodle, Shredded Carrot, Cabbage, Celery, Pea, Onion **DF V**

Chicken Lemon Cream Pasta Herb Chicken, Penne, Pea, Carrot, Broccoli, Lemon Cream * **GF Available**

BBQ Chicken Quinoa Bowl Roast Corn, Zucchini, Black Bean, Shredded Cheese **GF**

Butter Noodles & Chicken Buttered Penne, Grilled Chicken Breast * **GF Available**

Chicken Tenders All White Meat, Bag of Chips **DF**

Pepperoni Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Basil, Baguette

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Lunch Box

Fruit Cup

Edamame

Crudit  Box

Protein Bites

Side Salad

Yogurt Parfait

Miss Vickie’s Chips

Freshly Baked Cookies