

# OUR LADY QUEEN OF ANGELS SCHOOL LUNCH MENU | SEPTEMBER 3<sup>RD</sup> – 6<sup>TH</sup>



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**

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## SALAD SELECTIONS

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**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**

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## SANDWICH & WRAP SELECTIONS

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**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

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## GLOBALLY INSPIRED ENTRÉE SELECTIONS

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**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

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## LOWER SCHOOL SELECTIONS

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**Butter Noodles**

**Turkey & Cheese Sandwich**

**Mac & Cheese**

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## DAILY SNACKS

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**Lunch Box**

**Fruit Cup**

**Edamame**

**Crudité Box**

**Protein Bites**

**Side Salad**

**Yogurt Parfait**

**Miss Vickie’s Chips**

**Freshly Baked Cookies**

# OUR LADY QUEEN OF ANGELS SCHOOL LUNCH MENU | SEPTEMBER 9<sup>TH</sup> -13<sup>TH</sup>



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

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## SALAD SELECTIONS

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**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**

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## SANDWICH & WRAP SELECTIONS

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**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

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## GLOBALLY INSPIRED ENTRÉE SELECTIONS

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**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

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## LOWER SCHOOL SELECTIONS

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**Butter Noodles**

**Turkey & Cheese Sandwich**

**Mac & Cheese**

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## DAILY SNACKS

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**Lunch Box**

**Fruit Cup**

**Edamame**

**Crudité Box**

**Protein Bites**

**Side Salad**

**Yogurt Parfait**

**Miss Vickie's Chips**

**Freshly Baked Cookies**

# OUR LADY QUEEN OF ANGELS SCHOOL LUNCH MENU | SEPTEMBER 16<sup>TH</sup>- 20<sup>TH</sup>



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Vegetarian

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Dairy Free Options **DF**

Vegan **V**

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## SALAD SELECTIONS

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**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**

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## SANDWICH & WRAP SELECTIONS

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**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**

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## GLOBALLY INSPIRED ENTRÉE SELECTIONS

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**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

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## LOWER SCHOOL SELECTIONS

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**Butter Noodles**

**Turkey & Cheese Sandwich**

**Mac & Cheese**

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## DAILY SNACKS

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**Lunch Box**

**Fruit Cup**

**Edamame**

**Crudité Box**

**Protein Bites**

**Side Salad**

**Yogurt Parfait**

**Miss Vickie’s Chips**

**Freshly Baked Cookies**

# OUR LADY QUEEN OF ANGELS SCHOOL LUNCH MENU | SEPTEMBER 23<sup>RD</sup> -27<sup>TH</sup>



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

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## SALAD SELECTIONS

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**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**

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## SANDWICH & WRAP SELECTIONS

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**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

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## GLOBALLY INSPIRED ENTRÉE SELECTIONS

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**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

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## LOWER SCHOOL SELECTIONS

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**Butter Noodles**

**Turkey & Cheese Sandwich**

**Mac & Cheese**

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## DAILY SNACKS

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**Lunch Box**

**Fruit Cup**

**Edamame**

**Crudité Box**

**Protein Bites**

**Side Salad**

**Yogurt Parfait**

**Miss Vickie’s Chips**

**Freshly Baked Cookies**

# OUR LADY QUEEN OF ANGELS SCHOOL LUNCH MENU | SEPTEMBER 30<sup>TH</sup>- OCTOBER 4<sup>TH</sup>



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Vegetarian

Gluten Free Options **GF**

Dairy Free Options **DF**

Vegan **V**

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## SALAD SELECTIONS

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**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 Seed, Cilantro-Lime Vinaigrette **GF**

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

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## SANDWICH & WRAP SELECTIONS

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**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

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## GLOBALLY INSPIRED ENTRÉE SELECTIONS

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**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

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## LOWER SCHOOL SELECTIONS

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**Butter Noodles**

**Turkey & Cheese Sandwich**

**Mac & Cheese**

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## DAILY SNACKS

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**Lunch Box**

**Fruit Cup**

**Edamame**

**Crudité Box**

**Protein Bites**

**Side Salad**

**Yogurt Parfait**

**Miss Vickie's Chips**

**Freshly Baked Cookies**