

ST. EDWARD THE CONFESSOR PARISH SCHOOL LUNCH MENU | MARCH 2ND -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 “Combo 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

Herb Chicken Salad Romaine, Bacon, Egg, Tomato, Cucumber, Cheddar Cheese, Herb Ranch Dressing **GF**

Chinese Chicken Salad Orange, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF**

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**

Ham & Cheddar Croissant Lettuce, Tomato, Freshly Baked Croissant

Caprese Sandwich Mozzarella, Tomato, Basil, Balsamic, White Baguette

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**

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

Garden Burger Veggie Patty, Cheddar Cheese, Whole Wheat Bun

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, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Baguette

FRIDAY SPECIAL: California Roll Krab, Avocado, Carrot, Cucumber, Edamame, Side: Soy Sauce & Wasabi

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Combo Box

Fruit Cup

Side Salad

White Cheddar Popcorn

Crudité Box

Yogurt Parfait

Protein Bites

Freshly Baked Cookies

Bistro Box

Edamame

Miss Vickie's Chips

Sapphire Brownies

ST. EDWARD THE CONFESSOR PARISH SCHOOL

LUNCH MENU | MARCH 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

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

Beef Taco Salad Field Green, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strip, Salsa Ranch 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**

Italian Ham & Brie Sandwich Prosciutto Cotto, Ficelle Bread

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

GLOBALLY INSPIRED ENTRÉE SELECTIONS

Corn Dog Whole Grain Chicken Corn Dog, 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

Chicken Alfredo Pea, Carrot, Parmesan Cream Sauce

Penne Alfredo Pea, Carrot, Parmesan Cream Sauce

Mediterranean Veggie Bowl Steamed Brown Rice, Zucchini, Eggplant, Tomato, Green Bean Stew **GF 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, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Baguette

FRIDAY SPECIAL: California Roll Krab, Avocado, Carrot, Cucumber, Edamame, Side: Soy Sauce & Wasabi

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Combo Box

Fruit Cup

Side Salad

White Cheddar Popcorn

Crudité Box

Yogurt Parfait

Protein Bites

Freshly Baked Cookies

Bistro Box

Edamame

Miss Vickie's Chips

Sapphire Brownies

ST. EDWARD THE CONFESSOR PARISH SCHOOL

LUNCH MENU | MARCH 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

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

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

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

GLOBALLY INSPIRED ENTRÉE SELECTIONS

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

Cheese Tortellini Spinach, Garden Vegetable, Marinara

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

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

Beef Teriyaki Bowl Carrot, Onion, Edamame, Broccoli, Steamed Rice **DF**

Tofu Teriyaki Bowl Carrot, Onion, Edamame, 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, Baguette

Cheese Pizza Sandwich Mozzarella, Parmesan, Tomato, Baguette

FRIDAY SPECIAL: California Roll Krab, Avocado, Carrot, Cucumber, Edamame, Side: Soy Sauce & Wasabi

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

Combo Box

Fruit Cup

Side Salad

White Cheddar Popcorn

Crudit e Box

Yogurt Parfait

Protein Bites

Freshly Baked Cookies

Bistro Box

Edamame

Miss Vickie’s Chips

Sapphire Brownies

ST. EDWARD THE CONFESSOR PARISH SCHOOL LUNCH MENU | MARCH 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
- Italian Vegetable Salad** Tomato, Cucumber, Kalamata Olive, Cauliflower, Oregano-Lemon Dressing **GF DF V**
- Turkey Apple Salad** Field Greens, Grape, Apple, Cucumber, Parmesan Cheese, Crouton, Herb Vinaigrette 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**
- Chicken & Avocado Croissant** Bacon, Lettuce, Tomato, Cheddar, Freshly Baked Croissant
- Italian Ham & Brie Sandwich** Prosciutto Cotto, Ficelle Bread

GLOBALLY INSPIRED ENTRÉE SELECTIONS

- All Beef Hot Dog** Whole Wheat Bun, Bag of Chips **DF** * *GF Bun Available*
- Chicken Soft Tacos** Cabbage, Cheddar Cheese, Corn Tortilla, Side of Pico de Gallo **GF**
- BBQ Pulled Pork Sliders** Sweet Hawaiian Roll
- BBQ Pulled Jackfruit Sliders** Sweet Hawaiian Roll
- Chicken Fried Rice** Scrambled Egg, Pea, Carrot, Broccoli, Onion **DF**
- Veggie Fried Rice** Scrambled Egg, Pea, Carrot, Broccoli, Onion **DF**
- 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, Baguette
- Cheese Pizza Sandwich** Mozzarella, Parmesan, Tomato, Baguette
- FRIDAY SPECIAL: California Roll** Krab, Avocado, Carrot, Cucumber, Edamame, Side: Soy Sauce & Wasabi

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

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|--------------------|-----------------------|----------------------------|------------------------------|
| Combo Box | Fruit Cup | Side Salad | White Cheddar Popcorn |
| Crudité Box | Yogurt Parfait | Protein Bites | Freshly Baked Cookies |
| Bistro Box | Edamame | Miss Vickie's Chips | Sapphire Brownies |

ST. EDWARD THE CONFESSOR PARISH SCHOOL LUNCH MENU | MARCH 30TH- APRIL 3RD



Every child deserves a healthy start.™

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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
- Kale Salad** Garbanzo Bean, Cucumber, Carrot, Red Onion, Tomato, Citrus Dressing **GF DF V**
- Southern Chicken Tender Salad** Field Greens, Black Bean, Roasted Corn, Tomato, Cucumber, Cheddar Cheese, Salsa 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**
- BLT Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread
- Falafel Pita** Tomato, Cucumber, Lettuce, Feta, Tzatziki, Hummus

GLOBALLY INSPIRED ENTRÉE SELECTIONS

- Breakfast Burrito** Scrambled Egg, Potato, Cheese, Whole Wheat Tortilla
- Bean & Cheese Burrito** Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla
- Spaghetti & Meatballs** All Beef Meatball, Marinara, Parmesan Cheese
- Falafel Bowl** Tomato, Cucumber, Hummus, Turmeric-Lemon Basmati Rice, Lemon-Tahini Dressing **DF V**
- Grilled Chicken Burger** Bacon, Swiss, Potato Bun
- Mac & Cheese** Macaroni, House Made Cheese Sauce
- 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, Baguette
- Cheese Pizza Sandwich** Mozzarella, Parmesan, Tomato, Baguette
- FRIDAY SPECIAL: California Roll** Krab, Avocado, Carrot, Cucumber, Edamame, Side: Soy Sauce & Wasabi

LOWER SCHOOL SELECTIONS

Butter Noodles

Turkey & Cheese Sandwich

Mac & Cheese

DAILY SNACKS

- | | | | |
|--------------------|-----------------------|----------------------------|------------------------------|
| Combo Box | Fruit Cup | Side Salad | White Cheddar Popcorn |
| Crudité Box | Yogurt Parfait | Protein Bites | Freshly Baked Cookies |
| Bistro Box | Edamame | Miss Vickie’s Chips | Sapphire Brownies |