



SAINTS CAFÉ MENU

Every child deserves a healthy start.™

Our menus are carefully selected to provide healthy variety, balance, and flavor. Our sauces, soups, and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives. Our hamburger patties are 100% natural beef, and our chicken is fresh and natural. For our sandwiches, we serve a low-sodium turkey breast and we proudly utilize locally produced artisan breads.

VEGETARIAN

VEGAN

GLUTEN FREE

DAIRY FREE

MONDAY

PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

CILANTRO LIME BEEF SALAD Field Green, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF**

HAM & CHEDDAR CHEESE SLIDERS (3)

SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V**

CAPRESE SANDWICH Mozzarella, Tomato, Basil, Balsamic, Baguette **VEG**

CHICKEN ALFREDO Parmesan Cream Sauce 12 oz

BEEF BULGAGI BOWL Carrot, Onion, Cabbage, Kimchi, Steamed Rice **DF**

CHICKEN TENDERS (4 PC) **DF**

½ SANDWICH & CRUDITÉ BOX

Choice of: Turkey & Cheese, Ham & Cheese, or Chicken & Cheese Sandwich, Crudité with Ranch

TUESDAY

PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

CHINESE CHICKEN SALAD Field Green, Orange, Carrot, Cabbage, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF**

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF**

HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V**

BLT Bacon, Lettuce, Tomato, White Bread **DF**

CHICKEN FAJITA BOWL Bell Pepper, Onion, Pinto Bean, Mexican Rice **DF**

MAC & CHEESE Macaroni, House Made Cheese Sauce 12 oz **VEG**

ALL BEEF HOT DOG Soft Bun **DF**

CHICKEN TENDERS (4 PC) **DF**

½ SANDWICH & CRUDITÉ BOX

Choice of: Turkey & Cheese, Ham & Cheese, or Chicken & Cheese Sandwich, Crudité with Ranch

SAPPHIRE AT SCHOOL

WEDNESDAY

PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GREEK CHICKEN SALAD Leaf Lettuce, Cucumber, Tomato, Olive, Feta Cheese, Citronade Dressing **GF**

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF**

HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V**

THAI CHICKEN WRAP Rice Noodle, Cucumber, Carrot, Cabbage, Lettuce, Sun Butter Dressing, Flour Tortilla **DF**

HAMBURGER White Bun **DF**

CHEESEBURGER White Bun

BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG**

PENNE BOLOGNESE Meat Sauce 12 oz **DF**

CALIFORNIA ROLL Rice, Krab, Avocado, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **DF**

VEGGIE SUSHI ROLL Rice, Mango, Carrot, Cucumber, Avocado, Side of: Edamame, Soy Sauce & Wasabi **V**

½ SANDWICH & CRUDITÉ BOX

Choice of: Turkey & Cheese, Ham & Cheese, or Chicken & Cheese Sandwich, Crudité with Ranch

THURSDAY

PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

MEXI-CAULI RICE SALAD Cauliflower Rice, Mixed Green, Black Bean, Jicama, Corn, Tomato, Cilantro, Avocado-Lime Salsa
V / GF

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF**

HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V**

CHICKEN PESTO WRAP Mozzarella, Pesto, Tomato, Arugula, Balsamic, Flour Tortilla

BEEF TERIYAKI BOWL Carrot, Onion, Snap Pea, Steamed Rice **DF**

CHICKEN TENDERS (4 PC) **DF**

CHEESE PIZZA SANDWICH Mozzarella Cheese, Cheddar Cheese, Tomato Sauce, Baguette **VEG**

PEPPERONI PIZZA SANDWICH Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette

½ SANDWICH & CRUDITÉ BOX

Choice of: Turkey & Cheese, Ham & Cheese, or Chicken & Cheese Sandwich, Crudité with Ranch

SAPPHIRE AT SCHOOL

FRIDAY

PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing

BEEF TACO SALAD Leaf Lettuce, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips
Salsa Ranch Dressing **GF**

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF**

HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V**

BBQ CHICKEN TENDER WRAP Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla

BUTTERED NOODLES WITH CHICKEN 12 oz

CHICKEN YAKISOBA Cabbage, Carrot, Onion, Broccoli **DF**

BBQ PULLED PORK SLIDERS Sweet Hawaiian Roll

CALIFORNIA ROLL Rice, Krab, Avocado, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **DF**

VEGGIE SUSHI ROLL Rice, Mango, Carrot, Cucumber, Avocado, Side of: Edamame, Soy Sauce & Wasabi **V**

½ SANDWICH & CRUDITÉ BOX

Choice of: Turkey & Cheese, Ham & Cheese, or Chicken & Cheese Sandwich, Crudité with Ranch

BEVERAGES

NIAGARA WATER

SMART WATER

LA CROIX

S. PELLEGRINO Flavored

S. PELLEGRINO Sparkling

BAI INFUSION

GATORADE

NAKED JUICE

ORGANIC MILK

ORGANIC CHOCOLATE MILK

ALMOND MILK

ORANGE JUICE

HOMEMADE LEMONADE

STARBUCKS Frappuccino

STARBUCKS Double Shot

HOMEMADE & RETAIL SNACKS

WHOLE FRUIT

MIXED FRUIT CUP

GRAPE CUP

WATERMELON CUP

ORANGE SLICES

MANGO CUP

PINEAPPLE CUP

EDAMAME

CRUDITE & RANCH

HARD BOILED EGG (2)

TUNA SALAD Crackers

YOGURT PARFAITS

PROTEIN BITES (2)

FRESH BAKED COOKIES

CHEEZ ITS

CHEETOS

GOLDFISH

LAY'S CHIPS

MISS VICKIE'S CHIPS

ROLD'S GOLD PRETZELS

POPCORN

STRING CHEESE

ASSORTED CEREAL