



SAINTS CAFÉ MENU

Every child deserves a healthy start.™

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our sauces, soups, and dressings are homemade and contain no 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 Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

FALAFEL PITA Lettuce, Tomato, Cucumber, Hummus, Side of Tzatziki **VEG**

ROAST BEEF & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

BUTTERED NOODLES WITH CHICKEN

SHEPHERD'S PIE Seasoned Ground Beef, Creamy Mashed Potato, Pea, Carrot, Cheddar Cheese **GF**

½ SANDWICH & CRUDITÉ BOX Ham & Cheese, Crudité with Ranch

TUESDAY

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

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

COLD UDON NOODLE BOWL Udon, Tofu, Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame, Soy-Ginger Dressing **V**

TURKEY CHILI Red Ben, Pinto Bean, Cheddar Cheese **GF**

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

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

½ SANDWICH & CRUDITÉ BOX Chicken & Cheese Sandwich, Crudité with Ranch

WEDNESDAY

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

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

CHICKEN TENDERS (4 PC) **DF**

½ SANDWICH & CRUDITÉ BOX Turkey & Cheese Sandwich, Crudité with Ranch

SAPPHIRE AT SCHOOL

THURSDAY

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

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

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

HAMBURGER White Bun **DF**

CHEESEBURGER White Bun

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

FRIDAY

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing

CALIFORNIA POKE BOWL Krab, Sticky Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion, Ginger, Wasabi, Soy Sauce **VEG DF**

CHEESE ENCHILADAS Refried Pinto Bean, Spanish Rice **VEG GF**

BBQ PULLED PORK SLIDERS Sweet Hawaiian Roll

½ SANDWICH & CRUDITÉ BOX Ham & Cheese Sandwich, Crudité with Ranch

BEVERAGES

NIAGRA WATER

SMART WATER

STARBUCKS *Double Shot*

S. PELLEGRINO

S. PELLEGRINO *Sparkling*

BAI INFUSION

GATORADE

NAKED JUICE

ORGANIC MILK

ORGANIC CHOC. MILK

ALMOND MILK

HOLLANDIA MILK

HOMEMADE & RETAIL SNACKS

WHOLE APPLE

WHOLE ORANGE

GRAPE CUP

WATERMELON

PINEAPPLE CUP

MANGO CUP

HARD BOILED EGG (2)

TUNA SALAD CUP

CRUDITE & RANCH

POPCORN

MISS VICKIE'S CHIPS

LAY'S CHIPS

CHEEZ ITS

CHEETOS

GOLDFISH

TAKIS

STACEY'S PITA CHIPS

FRESHLY BAKED COOKIES

PROTEIN BITES (2)

ASSORTED CEREAL