



# St Francis High School

Monday November 29, 2021	
<b>Alarm Clock Breakfast</b>	Fluffy Blueberry Pancakes with Warm Maple Syrup and House Made Crème
<b>Taste of Italy</b>	Grass Fed Beef Bolognese with Tossed Caesar Salad and Le Boulanger Garlic Bread
<b>Platillos Latinos</b>	Cuban Ropa Vieja with Organic Braised Black Beans, Rice Pilaf and Tortilla Chips
<b>Panini</b>	House Roasted Turkey, Smoked Applewood Bacon and Cheddar Wrap with Match Box Carrots and House Ranch
<b>Market Grill</b>	Vegetable Minestrone Soup with Grilled Cheese Sandwich
<b>Take Out Menu</b>	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Tuesday November 30, 2021	
<b>Alarm Clock Breakfast</b>	Rocio's Strawberry Crêpe with Fresh Strawberry topping and House Made Cream
<b>Izakaya</b>	Free Range Thai Chicken Green Curry with Bell Peppers, Shredded Carrots, Thai Basil and Organic Jasmine Rice
<b>Kitchen Table</b>	Roasted Garlic Rosemary Pork with Yukon Gold Mashed Potatoes, Gingered Parsnips and Carrots
<b>Panini</b>	Carne Asada Fries with Cheddar Cheese, Sour Cream and Fresh Garden Salsa
<b>Market Grill</b>	Broccoli and Cheddar Soup with Grilled Cheese Sandwich
<b>Take Out Menu</b>	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Wednesday December 1, 2021	
<b>Alarm Clock Breakfast</b>	Monte Cristo Sandwich with Honey Black Forest Ham, Cage Free Egg and Swiss Cheese
<b>Kitchen Table</b>	Baked Potato Bar with Dweley Farms Organic Broccoli, Smoked Applewood Bacon, Sautéed Mushrooms, Sour Cream, Shredded Cheese, Butter with Watermelon Wedge
<b>Platillos Latinos</b>	Free Range Chicken Flautas with Cilantro Rice, Organic Braised Black Beans, Garden Fresh Salsa and Sour Cream
<b>Panini</b>	Dolphin Free Tuna Melt with Pepper Jack Cheese and Kettle Chips
<b>Market Grill</b>	Roasted Butternut Squash Soup and Grilled Cheese Sandwich
<b>Take Out Menu</b>	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Thursday December 2, 2021	
<b>Alarm Clock Breakfast</b>	Vegetarian Breakfast Scramble with Cage Free Eggs, Tomatoes, Bell Peppers, Onion and Organic Baby Spinach
<b>Izakaya</b>	Crispy Sweet and Sour Cauliflower with Vegetable Fried Rice and Organic Seasonal Vegetables
<b>Route 66</b>	Slow Roasted BBQ Pork Sliders with House Made Chipotle Slaw on a Sweet Roll and Roasted JoJo Potatoes
<b>Panini</b>	Free Range Chinese Chicken Wrap, Glass Noodles, Shredded Carrots, Bell Peppers, Edamame and House Made Soy Ginger Vinaigrette
<b>Market Grill</b>	Potato Leek Soup and Grilled Cheese Sandwich
<b>Take out menu</b>	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Friday December 3, 2021	
<b>Alarm Clock Breakfast</b>	Bassian Farms Chorizo Breakfast Burrito with Cage Free Eggs, Yukon Gold Potatoes and Organic Cheddar Cheese
<b>Kitchen Table</b>	Lemon Caper Free Range Chicken, Creamy Polenta and Herb Roasted Vegetables
<b>Global Adventure</b>	Pork Adobo with Steamed Jasmine Rice and Fire Roasted Eggplant
<b>Panini</b>	Southwest Grass Fed Steak with Pepper Jack Cheese, Caramelized Onions and Poblano Aioli
<b>Market Grill</b>	New England Clam Chowder Soup and Grilled Cheese Sandwich
<b>Take out menu</b>	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Café Service Hours
7:30 - 10:00
11:00 - 1:00
2:30 - 3:30

Today's Grab and Go Special
<b>Monday:</b> Greek Salad with Organic Mix Greens, Free Range Grilled Chicken, Cherry Tomatoes, Cucumbers, Red Onions, Kalamata Olives and Feta Cheese
<b>Tuesday:</b> Southwestern Grass Fed Steak Salad with Roasted Corn, Braised Organic Black Beans, Romaine, Cherry Tomato and Cilantro Lime Vinaigrette
<b>Wednesday:</b> Asian Cool Sesame Noodle Salad, Julienne of Vegetables, Marinated Smoked Tofu and Lime Ginger Soy Dressing
<b>Thursday:</b> B.L.T Chopped Salad, Roasted Corn, Diced SF Garden Tomatoes, Applewood Bacon, Avocado and Ranch Dressing
<b>Friday:</b> Chef's Special

**Weekly Promotions!!!!**

Come Show us your Delective Side

Holiday Cookie Decorating After School

Purchase Sugar Cookie and Design your own Decoration

Dec. 2, 2021

*Holiday Cookie Day*

**December 2021**

**Menu Key**

- Vegetarian
- Cage Free
- Free Range
- Gluten Free
- Grass Fed
- Organic

## Epicurean Group at St Francis High School

Executive Chef: Rocio Tostado  
Café/Catering Manager: Evelyn Barela

