



September 2010 Cafeteria Menu

SCHOOLS OF THE SACRED HEART
CONVENT & STUART HALL

Check your account at <https://www.mynutrikids.com>

Contact us at tastesh@tastenutrition.com

a healthy 'a la carte' selection and bag lunch program is also available

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 •Bow Tie Pasta with Marinara and Fresh Baked Bread Roll (v) •Bow Tie Pasta with Olive Oil (v)	3 •North Beach Pepperoni Pizza •North Beach Cheese Pizza (v)
6 Labor Day	7 •Soft Chicken Tacos with Salsa Fresca, Guacamole and Sour Cream •Black Bean Tacos (v)	8 •Baked Penne Pasta with Natural Grass Fed Beef and Mozzarella •Baked Penne with Cheese (v)	9 •BBQ Pork Spare Ribs with Molasses Baked Beans and Cornbread •Grilled Cheese Panini (v)	10 •Chinese Orange Chicken •Ginger and Soy Tofu over Brown Rice (v)
13 •Steak Fajitas with Salsa Fresca, Guacamole, and Sour Cream •Southwest Veggie Fajitas (v)	14 • Baked Lemon Chicken •Fettucine Alfredo (v)	15 •Angus Beef Cheeseburgers and Oven Baked Fries •Gardenburgers (v)	16 •Fresh Baked Salmon with Orange Cilantro Sauce •Chile Cheese Tamales (v)	17 •North Beach Pepperoni Pizza •North Beach Cheese Pizza
20 •Fish & Chips •Grilled Cheese Sandwich (v)	21 •Natural Grass Fed Beef Chili with Baked Potato, Cheddar, Cheese, Sour Cream, and Green Onions •Vegetarian Chili (v)	22 •All Natural Roast Diestal Turkey with Mashed Potatoes, Gravy, and Cranberry Sauce •Hot Tofurkey (v)	23 •Spaghetti and Meatballs with Garlic Bread •Spaghetti con Olio (v)	24 •Niman Ranch Hot Dogs and Oven Baked Fries •Veggie Dogs (v)
27 •Enchilada Casserole with Chicken, Cheddar Cheese and Homemade Salsa Fresca •Cheese Enchilada Casserole (v)	28 •North Beach Foccacia with Pesto (v) •Foccacia with Sun Dried Tomatoes (v)	29 •Baked Penne Pasta with Natural Grass Fed Beef and Mozzarella •Baked Penne with Cheese (v)	30 •Natural Grass Fed Beef Sloppy Joes on Whole Wheat Bun with Oven Baked Fries •Tofu Sloppy Joes (v)	

All entrées are "Kid Friendly" and are prepared using the freshest and healthiest ingredients available.

All Meals include Fresh Fruits and Vegetables.

v: Vegetarian Entrée