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Breakfast Grill	Cage Free Scramble Eggs, Breakfast Potatoes, Applewood Smoked Bacon, Sausage	 \$4.95	Breakfast - 7:00-8:00 am Snack - 9:25-9:40 am Lunch - Both Lunches After School Treats - 2:40-3:00 pm
Meatless Monday!!	Vegetarian Stroganoff w/ Sautéed Fitz Mushrooms, Roasted Seasonal Vegetables and Focaccia Bread	\$7.95	
Kitchen Table	Free Range Lemon Rosemary Chicken w/ Herb Roasted Potatoes and Roasted Honey Carrots	 \$7.95	
Market Grill	Grass Fed Burgers with Chips	 \$7.95	
Stone Hearth Oven	Assorted Pizza, Cheese, Pepperoni, Combination	 \$7.95	
Grab and Go	Assorted Sandwiches, Assorted Salads	 6.50 - 6.95	
After School Treats	Housemade Fudge Brownie Sundaes	 4.50 - 4.95	
Tuesday September 20, 2022			Breakfast Boosters
Breakfast Grill	Cage Free Scramble Eggs, Breakfast Potatoes, Applewood Smoked Bacon, Sausage	 \$4.95	<i>Organic yogurt, house made granola and assorted organic fruits</i> 
Platillos Latinos	Taco Tuesday!!! Grass-fed Beef Tacos w/ Refried Black Beans, Spanish Rice and Housemade Salsa	\$7.95	
Platillos Latinos	Braised Free Range Chicken Tacos w/ Refried Black Beans, Spanish Rice and Housemade Salsa	 \$7.95	
Market Grill	Grass Fed Burgers with Chips	 \$6.95	
Stone Hearth Oven	Assorted Pizza, Cheese, Pepperoni, Combination	 \$6.95	
Grab and Go	Assorted Sandwiches, Assorted Salads	 6.50 - 6.95	
After School Treats	Acai Bowls w/ Fresh Bananas, Strawberries, Housemade Granola and Honey	 4.50 - 4.95	
Wednesday September 21, 2022			Offered Daily
Breakfast Grill	Cage Free Scramble Eggs, Breakfast Potatoes, Applewood Smoked Bacon, Sausage	 \$4.95	<i>Fresh Garden Salad Bar with organic vegetables, assorted toppings and house made dressing!</i> 
Global Adventure	Orange Free Range Chicken w/ Steamed Jasmine Rice and Stir Fry Ratto Farms Bok Choy	 \$7.95	
Kitchen Table	Sweet and Sour Pork w/ Steamed Jasmine Rice with Stir Fry Seasonal Vegetables	\$7.95	
Market Grill	Grass Fed Burgers with Chips	 \$6.95	
Stone Hearth Oven	Assorted Pizza, Cheese, Pepperoni, Combination	 \$6.95	
Grab and Go	Assorted Sandwiches, Assorted Salads	6.50 - 6.95	
After School Treats	Spicy Buffalo Chicken Wings	4.50 - 4.95	
Thursday September 22, 2022			
Breakfast Grill	Cage Free Scramble Eggs, Breakfast Potatoes, Applewood Smoked Bacon, Sausage	 \$4.95	
Market Grill	Free Range Chicken and Boggiano Broccoli Alfredo Pasta w/ Gilroy Garlic Bread	 \$7.95	
Kitchen Table	Grass-fed Beef Swedish Meatballs w/ Sautéed Blue Lake Green Beans	 \$7.95	
Market Grill	Grass Fed Burgers with Chips	 \$6.95	
Stone Hearth Oven	Assorted Pizza, Cheese, Pepperoni, Combination	 \$6.95	
Grab and Go	Assorted Sandwiches, Assorted Salads	6.50 - 6.95	
After School Treats	Free Range Chicken Asada Nachos	 4.50 - 4.95	
Friday September 23, 2022			
Breakfast Grill	Cage Free Scramble Eggs, Breakfast Potatoes, Applewood Smoked Bacon, Sausage	 \$4.95	
Fun Food Friday	Beef Franks Hot Dog Bar w/ Vegetarian Chili, Tarata Chopped Tomatoes, Onions, Relish Cheddar and Housemade Chips	 \$7.95	
Fun Food Friday	Free Range Chicken and Applewood Smoked Bacon Panini w/ Housemade Jojo Potatoes	 \$7.95	
Market Grill	Grass Fed Burgers with Chips	\$6.95	
Stone Hearth Oven	Assorted Pizza, Cheese, Pepperoni, Combination	 \$6.95	
Grab and Go	Assorted Sandwiches, Assorted Salads	6.50 - 6.95	
After School Treats	Fresh Fruit Smoothies	4.50 - 4.95	

Menu Key



Vegetarian



Cage Free



Free Range



Gluten Free



Grass Fed



Organic

It is important that an athlete's diet provide the right amount of energy, nutrients and fluids that the body needs. No single supplement can do this. It takes a variety of foods every day! Epicurean Group strives to provide student athlete's with the most nutrient dense and delicious food possible every single day!

Epicurean Group at Moreau Catholic High School

Chef / Manager:
Roger Stillman

Sous Chef:
Tom Huxley