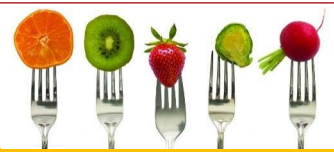




# Menu



**Monday**

**June 15, 2026**

**Café Service Hours**

**Alarm Clock Breakfast** Breakfast Burritos, Waffles with Fruit, Fresh Cut Fruit Cups, Yogurt Fruit Parfaits

**Entrée** Hamburgers! Hamburger, Hamburger Bun, Cheddar or Swiss Cheese, Tomato, Onion, Lettuce, Pickles, French Fries

**Entrée Vegetarian** Portabella Mushroom Burgers, Hamburger Bun, Cheddar or Swiss Cheese, Tomato, Onion, Lettuce, Pickles, French Fries

**Panini** Hummus Wraps, House Made Hummus, Fresh Roasted Vegetables, Spinach, Onions, Pepperoncini, Spinach Wraps, Kettle Chips

**8:00 AM - 12:30 PM**

**Items Available Daily**

**Individual  
Pepperoni or Cheese Pizza**

**Turkey Sandwich, Sharp  
Cheddar & Lettuce**

**Cheese Quesadilla, Tortilla  
Chips**

**Corn Dog, Krinkle Cut French  
Fries**

**Tuesday**

**June 16, 2026**

**Alarm Clock Breakfast** Breakfast Burritos, Waffles with Fruit, Fresh Cut Fruit Cups, Yogurt Fruit Parfaits

**Entrée** Crunchy Ground Beef Tacos, Black Beans, Spanish Rice, Pico De Gallo, Crema Lettuce

**Entrée Vegetarian** Crunchy Spiced Potato Tacos, Black Beans, Spanish Rice, Pico De Gallo, Crema Lettuce

**Panini** Pesto Turkey Melts, Sourdough Bread, House (Nut Free) Provolone Cheese, Tomato, Kettle Chips

**Wednesday**

**June 17, 2026**

**Promotions**

**Alarm Clock Breakfast** Breakfast Burritos, Waffles with Fruit, Fresh Cut Fruit Cups, Yogurt Fruit Parfaits

**Entrée** Pasta with Pesto Cream Sauce, Parmesan Cheese, Roasted Zucchini & Squash, House Made Garlic Bread

**Entrée Vegetarian** Pasta with Pesto Cream Sauce, Parmesan Cheese, Roasted Zucchini & Squash, House Made Garlic Bread

**Panini** Tuna Melts, Albacore Tuna Salad, Cheddar Cheese, Sourdough Bread, Kettle Chips

**JUNE  
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**Celebrate  
Juneteenth by  
exploring the deep  
cultural significance  
of food in African  
American history,  
resilience, and joy.**

**Thursday**

**June 18, 2026**

**Alarm Clock Breakfast** Breakfast Burritos, Waffles with Fruit, Fresh Cut Fruit Cups, Yogurt Fruit Parfaits

**Entrée** Chicken Teriyaki, Steamed Jasmine Rice, Steamed Broccoli, Fortune Cookie

**Entrée Vegetarian** Tofu Teriyaki, Steamed Jasmine Rice, Steamed Broccoli, Fortune Cookie

**Panini** Mexican Pizzas, Crunchy Tortillas, Enchilada Sauce, Seasoned Ground Beef, Refried Beans, Melted Cheese, Tomatoes, Green Onions

**Friday**

**June 19, 2026**

## SUMMER HERBS

**BRIGHT, BOLD & BASIL-ICIOUS  
BENEFITS OF BASIL**

**Rich in antioxidants:** Basil contains powerful compounds like eugenol and flavonoids that help protect cells from damage.

**Anti-inflammatory properties:** Certain varieties, especially holy basil, may help reduce inflammation and support immune health.

**Supports stress reduction:** Holy basil (tulsi) is considered an adaptogen, which may help the body manage stress.

**May help regulate blood sugar:** Some studies suggest basil extracts could support healthy blood sugar levels.

**Has antibacterial properties:** Basil oils can help fight bacteria and support overall gut and immune health.



**JUNETEENTH  
FREEDOM DAY  
JUNE 19**

**Epicurean Group at St. Francis Catholic High School**

**Chef Manager: Jenn Slaughter  
(707) 299-7871**

**Your Café/Catering  
Manager: Evelyn Barela  
(916) 737-5062**