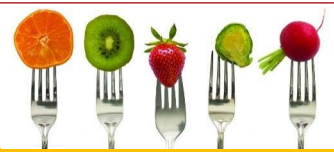




Menu



Monday

June 22, 2026

Café Service Hours

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

Entrée Spaghetti & Meatballs, Marinara, House Garlic Bread, Steamed Broccoli

Entrée Vegetarian Spaghetti & Mushrooms, Marinara, House Garlic Bread, Steamed Broccoli

Panini Honey Mustard Chicken Sandwich, Melted Cheese, Lettuce, Tomato, Onion, Kettle Chips

8:00 AM - 12:30 PM

Items Available Daily

**Individual
Pepperoni or Cheese Pizza**

**Turkey Sandwich, Swiss Cheese
& Lettuce, Tomato**

**Cheese Quesadilla, Tortilla
Chips**

**Corn Dog, Krinkle Cut French
Fries**

Tuesday

June 23, 2026

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

Entrée Chicken Strips, Dipping Sauces, French Fries, Fresh Fruit Salad

Entrée Vegetarian Chik'n Strips, Dipping Sauces, French Fries, Fresh Fruit Salad

Panini Sunflower Butter and Strawberry Jelly Sandwiches, Kettle Chips

Wednesday

June 24, 2026

Promotions

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

Entrée Nachos, Seasoned Ground Beef, House Made Cheese Sauce, Pickled Jalapenos, Pico De Gallo, Crema

Entrée Vegetarian Nachos, Whole Black Beans, House Made Cheese Sauce, Pickled Jalapenos, Pico De Gallo, Crema

Panini Bacon Grilled Cheese Sandwiches, Texas Toast, Cheddar Cheese, Applewood Smoked Bacon, Kettle Chips



PARFAIT & Positivity
June 25, 2026
Lift spirits with a sweet and nourishing parfait break featuring organic fresh strawberries.

Offer strawberry parfait cups layered with Greek yogurt and granola. Each parfait includes a cheerful quote card or mini thank-you message.

Thursday

June 25, 2026

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

Entrée Mongolian Chicken, Steamed Jasmine Rice, Braised Bok Choy & Carrots, Fortune Cookie

Entrée Vegetarian Mongolian Tofu, Steamed Jasmine Rice, Braised Bok Choy & Carrots, Fortune Cookie

Wraps & More Chicken, Bacon Ranch Wraps, Tomato, Spinach, Cheddar Cheese, Red Onions, Kettle Chips



SUMMER HERBS
TAKE YOUR TIME WITH THYME

BENEFITS OF THYME

- Supports immune health:** Thyme contains vitamin C, vitamin A, and antimicrobial compounds that help fight infections.
- Promotes respiratory wellness:** Thyme has traditionally been used to relieve coughs, bronchitis, and congestion.
- Natural antibacterial & antifungal:** Compounds like thymol can help combat harmful bacteria and fungi.
- Rich in antioxidants:** Thyme is high in flavonoids and polyphenols that protect against oxidative stress.
- May boost mood and focus:** Some studies suggest thyme's carvacrol content may support mental clarity and emotional well-being.

Source: <https://www.healthline.com/health/benefits-of-thyme>

Friday

June 26, 2026

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

Entrée BBQ Pulled Pork, Kings Hawaiian Rolls, Coleslaw, Watermelon Wedge

Entrée Vegetarian Garlic Herb Mushrooms, Kings Hawaiian Rolls, Coleslaw, Watermelon Wedge

Street Food Twice Baked Potatoes, Melted Cheese, Sour Cream, Green Onions, Melted Butter

Epicurean Group at St. Francis Catholic High School

Chef Manager: Jenn Slaughter
(707) 299-7871

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



**POP ON OVER
and let's**

CHILL

POPSICLES FOR FREE
on days temp soars over 95 degrees!