

# 2020 Saint Mary's High School

March 2, 2020

## Monday March 2, 2020

<b>Grilled Sandwich Favorite</b>	Parmesan Crusted Free Range Chicken, House Marinara or Black Forest Ham, Apple-wood Bacon Or BBQ Pulled Pork Sandwiches, Capay Farms Lettuce, Tomatoes, Baked Garlic	\$7.25
<b>Farmers Market</b>	Capay Farms Asian Cabbage Slaw Salad, Grilled Free Range Chicken, Green Onions, Cilantro, Shredded Carrots, Ginger Lemon Vinaigrette	\$7.25
<b>Global Bowls</b>	Free Range Turkey Meatballs, Pasta, House Marinara Sauce, Roasted Fennel and Carrots, Parmesan Cheese, Fresh Parsley OR BBQ Pork Ribs with Roasted Potatoes	\$7.25
<b>Vegetarian Plant Inspired</b>	Garden Vegetables Kofta, Pasta, House Marina Sauce, Roasted Fennel and Carrots, Parmesan Cheese, Fresh Parsley	\$7.15
Jump Start Smoothie	Mello's Strawberries, Greek Yogurt	\$4.75

## Tuesday March 3, 2020

<b>Grilled Sandwich Favorite</b>	Final Projects Day!	\$0.00
<b>Wrap Special</b>	Final Projects Day!	\$0.00
<b>Global Bowls</b>	Final Projects Day!	\$0.00
<b>Earthy Selections</b>	Final Projects Day!	\$0.00
Jump Start Smoothie	Final Projects Day!	\$0.00

## Wednesday March 4, 2020

<b>Grilled Sandwich Special</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Farmers Market Special</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Passage to India</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Vegetarian Plant Inspired</b>	Breakfast - Window # 1 & 2	\$0.00
Jump Start Smoothie	Breakfast - Window # 1 & 2	\$0.00

## Thursday March 5, 2020

<b>Grilled Sandwich Special</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Farmers Market Special</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Platillos Latinos</b>	Breakfast - Window # 1 & 2	\$0.00
<b>Vegetarian Plant Inspired</b>	Breakfast - Window # 1 & 2	\$0.00
Jump Start Smoothie	Breakfast - Window # 1 & 2	\$0.00

## Friday March 6, 2020

<b>Farmers Market Special</b>	Grading Day for Teachers!	\$0.00
<b>Farmers Market Special</b>	Grading Day for Teachers!	\$0.00
<b>Live Well</b>	Grading Day for Teachers!	\$0.00
<b>Vegetarian Plant Inspired</b>	Grading Day for Teachers!	\$0.00
Jump Start Smoothie	Grading Day for Teachers!	\$0.00

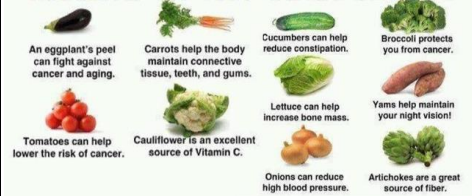
Your Chef / Manager: Kusuma Kalengada  
For Catering: kusuma@epicurean-group.com

## Promotions

Come and check it out, you'll never know what you're missing

Enjoy Berries Parfait & Fruit Cups Everyday

### REASONS TO EAT YOUR VEGGIES!



Mango, Tapioca Pearls, Coconut Milk Boba

House-Made Refreshing, Healthy & Delicious Beverages: Breakfast Boosters!

Organic yogurt, House-Made Granola and assorted berries Parfait

Coke Farms - Watsonville, Capay Organics - Capay, Guisti Farms - Half Moon Bay, Earthbound Organic - Santa Maria, Fitz Mushroom Farms - Watsonville, Ratto Ranch - Modesto, Jacobs Farms - Pescadero

## Fresh.Honest.Local

Did you know?

The Epicurean Group only offers



Grass Fed Beef

Antibiotic Free Poultry

NON GMO Milk

In-House made Soups

Cage Free Eggs

Wild Seafood

Dolphin Free Tuna



Dressing are from Scratch

Only in-House Roasted Meats



Because we care about our environment and YOU!

