



Moreau High School



Monday May 13, 2019

Breakfast Grill	Crispy Buttermilk Waffles, Driscoll Farms Strawberry Compote, Clover Whipped Cream	\$4.95
Panini	Free Range Buffalo Chicken Panini, Clover Monterrey Jack Cheese, House Cut Fries	\$6.75
Platillos Latinos	All Natural Pork Carnitas Quesadillas, Spanish Rice, Ranchero Beans, Roasted Tomatillo Salsa, Capay Farms Pico de Gallo, Clover Sour C	\$6.80
American BBQ Series	BBQ Beef Sliders, Oven Roasted JoJo Potatoes, Ratto Farms Cilantro Slaw	\$6.85
Global Adventure	Free Range Sesame Chicken, Vegetable Fried Rice, Vegetarian Eggroll	\$6.85
Stone Hearth Oven	Pepperoni or Clover Cheese Pizza	\$5.60
Today's Soup	San Francisco Clam Chowder	\$3.95

Dining Hall Hours



Tuesday May 14, 2019

Breakfast Grill	Breakfast Crepes	\$4.95
Market Grill	Made to Order Grass Fed Beef Burger or All Beef Hot Dog Bar with Assorted Toppings and Choice of French Fries	\$6.85
Platillos Latinos	Carne Asada Tacos, Spanish Rice, Organic Ranchero Beans, Diced Onions, Ratto Ranch Chopped Cilantro, Chile de Arbol Salsa	\$6.80
Kitchen Table	Spaghetti, Tomato Cream Sauce, Gilroy Garlic Bread, Roasted Carrots and Zucchini	\$6.85
Global Adventure	Free Range Orange Chicken, Vegetable Fried Rice, Vegetarian Eggroll	\$6.85
Stone Hearth Oven	Pepperoni or Clover Cheese Pizza	\$5.60
Today's Soup	Italian Vegetable Noodle	\$3.95

Breakfast Boosters

Organic yogurt, house made granola and assorted organic fruits

Wednesday May 15, 2019

Breakfast Grill	House Made Monte Cristo Sandwich, Black Forrest Ham, Coke Farms Breakfast Potatoes	\$4.95
Market Grill	Made to Order Grass Fed Beef Burger or All Beef Hot Dog Bar with Assorted Toppings and Choice of French Fries, Potato Wedges	\$6.85
Platillos Latino	Beef Chile Colorado, Spanish Rice, Ranchero Beans, Capay Farms, Chile de Arbol	\$6.80
Plant Inspired	Cajun Split Pea Po'Boy Sandwich, Oven Roasted JoJo Potatoes, Roasted Bengard Farms Cauliflower	\$6.85
Global Adventure	Free Range Chicken Fried Rice, Vegetarian Eggroll	\$6.85
Stone Hearth Oven	Pepperoni or Clover Cheese Pizza	\$5.60
Today's Soup	Spring Pea Soup	\$3.95

Offered Daily

Fresh Garden Salad Bar with organic vegetables, assorted toppings and house made dressing!

Thursday May 16, 2019

Breakfast Grill	Cinnamon Raisin French Toast, Coke Farms Breakfast Potatoes, Maple Syrup	\$4.95
Market Grill	Made to Order Grass Fed Beef Burger or All Beef Hot Dog Bar with Assorted Toppings and Choice of French Fries, Potato Wedges	\$6.85
Platillos Latinos	Free Range Grilled Chicken Burrito, Spanish Rice, Ranchero Beans, Jacob's Farms Pico de Gallo, Chile de Arbol Salsa	\$6.80
Global Adventure	Mongolian Beef, Jasmine Rice, Sauteed Green Beans	\$6.85
Taste of the City	Java Hut Fish and Chips, Ratto Farms Cilantro Slaw	\$6.85
Stone Hearth Oven	Pepperoni or Clover Cheese Pizza	\$5.65
Today's Soup	Free Range Chicken Tortilla	\$3.95

May Seasonal Superfoods

Avocados

- + Great source of Fiber
- + Heart Healthy Monosaturated Fat
- + Vitamins K, E, C, B5, B6
- + More Potassium than bananas
- + Omega 3 & 6
- + Low Carb food
- + Can facilitate weight loss

Friday May 17, 2019

Breakfast Grill	Capay Farms Roasted Tomato Chilaquiles	\$4.95
Market Grill	Beef Philly CheeseSteak, Waffle Fries	\$6.85
Beyond Nachos	All Natural Pulled Pork Nachos, House Made BBQ Sauce, Cheese Sauce, Capay Farms Cilantro, Jalapeños, Bell Peppers	\$6.85
Kitchen Table	Pasta Bar, Cheese Ravioli, Cheese Tortellini, Fettuccini, Spaghetti, House Made Marinara, House Made Alfredo, Grass Fed Beef F	\$6.85
Passage to India	Sonoran Hot Dog, Ranchero Beans, Diced Tomatoes, Diced Onions, Mustard, Mayo, Jalapeño Sauce, Seasoned Potato Wedges	\$6.85
Stone Hearth Oven	Free Range BBQ Chicken Pizza	\$5.65
Today's Soup	Pork Pozole	\$3.95

Menu Key

Vegetarian
 Cage Free
 Free Range
 Gluten Free
 Grass Fed
 Organic

Epicurean Group at Moreau High School

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 students athletes with the most nutrient dense and delicious food possible every single day!



Your General Manager:
Francisco Puck

Your Sous Chef:
Candace Barnes

Catering Info:
fpuck@moreaucatholic.org