



Monday March 9, 2026	
Alarm Clock Breakfast	House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups
Kitchen Table	Creamy classic Alfredo penne, roasted Brussel sprouts, garlic bread
Market Grill	Tuna melt, fries
Take Out Menu	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More

Tuesday March 10, 2026	
Alarm Clock Breakfast	House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups
Platillos Latinos	Grass fed beef crispy tacos, shredded lettuce, Pico de Gallo, sour cream, house salsa
Platillos Latinos	Soy rizo crispy tacos, shredded lettuce, pico de gallo, sour cream, house salsa
Market Grill	Philly cheesesteak, grilled onions and peppers, mozzarella cheese, crispy fries

Wednesday March 11, 2026	
Breakfast Bistro	Waffles with mixed berry compote
Kitchen Table	Grass fed beef lasagna, bechamel sauce, mozzarella cheese, roasted zucchini, garlic bread stick
Kitchen Table	Three cheese lasagna, house made marinara, pesto, roasted zucchini, garlic bread stick
Market Grill	Grilled Three Cheese, Tomato Bisque Soup

Thursday March 12, 2026	
Breakfast Bistro	Chocolate chip pancakes
Asian Bowl	Free range ginger hoisin chicken, steamed jasmine rice, sauteed bok choy
Asian Bowl	Organic ginger hoisin tofu, steamed jasmine rice, sauteed bok choy
Market Grill	Broccoli and cheddar soup, garlic cheese bread

Friday March 13, 2026	
Breakfast Bistro	No school
Market Grill	No school
Kitchen Table	No school
Take Out Menu	No school

Café Service Hours
7:30 - 9:30
11:20 - 12:30
2:30 - 3:30
Today's Grab and Go Special
Monday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More
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Promotions

National **CHEESE DAY**
March 11th
Comfort Meats Craft

Celebrate one of the most loved ingredients with thoughtfully prepared, cheese-forward dishes. Don't forget dessert and coffee!

Three-Cheese Grilled Cheese & Tomato Soup - Classic comfort with a fresh twist

Three-Cheese Baked Pasta - Parmesan, mozzarella, ricotta

Roasted Vegetables with Peta Crumble - Savory, balanced, and flavorful

National **NUTRITION MONTH**
March 4th

Eat Well, Live Well, Feed Your Best.

Put your day the LiveWell way. Join us this March for National Nutrition Month with nutrition education, tastings, and awesome menu highlights.

Lemon Herb Chicken Bowl - Chicken, roasted seasonal vegetables, fresh herbs

Plant-Based Grain Bowl - Beans, chickpeas, mixed greens, kale sprouts

Greek Yogurt Parfait - Fresh fruit and crunchy granola

ST. PATRICK'S DAY

ALL IRISH Luck, A Lot of Flavor

Celebrate Irish heritage with a variety of traditional Irish inspired by traditional flavors and hearty ingredients.

Cornd Beef & Cabbage

Tender beef slow-cooked cabbage, classic spices

Roasted Potatoes with Herbs

Crunchy crispy and comforting

Shamrock Sugar Cookie

A sweet finish with festive flair

In the Know

Epicurean Group is a Food Service Management Company headquartered on the West Coast.

We are one of the first food service companies to be certified as a Green Business, recognized for community environmental responsibility, resource conservation, and pollution prevention. We have ranked as one of the Food Management Top 50 Companies for 10 consecutive years.



Epicurean Group at Carondelet High School

Your Executive Chef: **Tom Huxley**

Café/Catering Manager: **Candace Barnes**
(925) 727-1006