

LUNCH PROGRAM

FRESH, DELICIOUS, DAILY

High-quality meals served right on campus



WHAT'S INCLUDED

Freshly prepared meals served cafeteria-style daily

Rotating hot lunch menu + à la carte options posted in advance

Balanced meals designed to support student health & performance

HOW IT WORKS

Walk through the lunch line and choose your meal

Select from daily hot entrées or grab-and-go items

Easy payment options available on-site

EXTRAS YOU'LL LOVE

Visit Cafe '21 for snacks and quick bites



EAT WELL. LEARN WELL. LIVE WELL.

frassaticatholic.org/lunch



Lunches provided by Epicurean Groups, LLC visit epicureangroup.net for more information

SAMPLE MENUS

Frassati Catholic High School DAILY HOT LUNCH MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*
WEEK A Mar 23 Apr 28 May 18	Oven Baked Chicken Tenders Mashed Potatoes Chef's Choice of: Freshly Cooked Carrots, Zucchini, Yellow Squash, Broccoli and Peas	Crispy or Soft Beef Tacos Mexican Rice Vegetarian Refried Beans Optional Trimmings available: Shredded Lettuce, Grated Cheese, Pico de Gallo and Sour Cream Soft Flour Tortillas	Chopped BBQ Beef Sliders Or BBQ Stuffed Baked Potato Mac and Cheese Green Vegetable Fresh Fruit in Season	Spaghetti with Meat Sauce Chef's Choice of Hot Vegetable or House Salad Garlic Bread NOTE: Plain Pasta seasoned with olive oil OR Spaghetti with Meatless Marinara PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA	Asian Stir Fry Rice with Chicken Pineapple Fortune Cookies + CHEESE OR PEPPERONI PIZZA BY THE SLICE OR AS A HOT LUNCH Available w/sides of Hot Lunch
WEEK B Mar 30 Apr 27	Oven Baked Chicken Tenders Buttered Rice Fresh Cut Vegetables with Ranch	Chicken Fajitas Optional Trimmings available: Shredded Lettuce, Pico de Gallo and Sour Cream Black Beans Chef's Choice of: Freshly Cooked Vegetable	Breakfast for Lunch Pancakes and Syrup Sliced Bacon Fresh Fruits in Season	Spaghetti with Meat Sauce Chef's Choice of Hot Vegetable or House Salad Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST	Hot Dogs with Chili and Cheese Corn Chips Fresh Fruit in Season + CHEESE OR PEPPERONI PIZZA BY THE SLICE OR AS A HOT LUNCH Available w/sides of Hot Lunch
WEEK C Apr 6 May 4	Oven Baked Chicken Tenders Mashed Potatoes Chef's Choice of: Freshly Cooked Carrots, Zucchini, Yellow Squash, Broccoli and Peas	New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas Mexican Rice Pomarine Salad with Mandarin Oranges and Honey Dijon dressing	Oven Baked Cod With Tartar Sauce Homemade Mac and Cheese Chef's Choice of: Freshly Cooked Vegetables	Spaghetti with Meat Sauce Chef's Choice of Hot Vegetable or House Salad Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST	Chicken Tostizini French Bread Chef's Choice of Green Vegetable + CHEESE OR PEPPERONI PIZZA BY THE SLICE OR AS A HOT LUNCH Available w/sides of Hot Lunch
WEEK D Mar 16 Apr 13 May 11	Oven Baked Chicken Tenders Herbed Pasta Chef's Choice of: Freshly Cooked Carrots, Zucchini, Yellow Squash, Broccoli and Peas OR House Green Salad with Ranch	Street Tacos Shredded Pork on Corn Tortillas Served with above sides Dressed w/Lime, Cilantro, Crema Shredded Lettuce & Cabbage Pinto Beans Watermelon Slice or available Fruit in Season Vegetarian Option now Tuesday	Breakfast for Lunch Pancakes and Syrup Bacon Fresh Fruits in Season	Spaghetti with Meat Sauce Chef's Choice of Hot Vegetable or House Salad Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST	Hot Dogs with Chili and Cheese Corn Chips Fresh Fruit in Season + CHEESE OR PEPPERONI PIZZA BY THE SLICE Available w/sides of Hot Lunch

Frassati Catholic High School

Daily a la Carte Menu & Price List for 2026

Students \$ 9.50

For Daily Hot Lunch Options and Rotation, Refer to the Hot Lunch Menu Schedule

- Side Order of 1 Main Course (Example: Portion of hot entrée only) \$ 5.50
- Order of Side or Side 1 Meat (Example: 1 Taco) \$ 3.75
- Side Order of Bread (when offered with entrée) \$.85

Salads, Sandwiches & Such

- Baked Potato - Trimmings - margarine, sour cream, grated cheese, and bacon \$ 6.50
- Extra cheese or bacon each \$ 1.00
- Grilled Chicken Caesar Salad \$ 6.95
- Fresh Fruits in Season 8 oz. Box \$ 3.95
- Whole Fruit \$ 1.50

Grilled Hamburger

- \$ 6.75
- **Make it a Combo:** Ruffles Chips + Apple or Orange + Bottle of Water -\$ 2.50
(Other beverages or Baked Chips are priced separately)

Sandwiches (served on Multi-Grain Wheat Bread)

- Club + Oven Roasted Turkey + Ham + Chicken Salad + Tuna Salad \$ 6.95
- Add sliced cheese to any sandwich \$ 1.15
- **Make it a Combo:** Ruffles Chips + Apple or Orange + Bottle of Water +\$ 2.50

Desserts

- Texas Chocolate Cake + Sugar/Chocolate Chip Cookie + Jell-O + Chocolate Pudding \$ 1.95

Healthy "Bento Boxes" & Snacks - a variety available daily

- All-American Protein Box - Hard cooked Egg, Sliced Turkey breast, Fresh Vegetables, Crackers \$ 6.50
- Crudités Box - Fresh Veggies of the Day - Carrots, Cherry Tomatoes, Celeny, w/house Ranch \$ 4.95
- Chicken Or Tuna Salad - Scoop of Salad, Carrots, Fruit, Crackers \$ 6.50
- Mediterranean - House Hummus, Vegetables, Pita, Olives \$ 4.95
- Grilled Chicken Caesar Wrap with fresh vegetables \$ 6.95
- Granola Bar + Kind Bar + Yogurt + Baked Chips + Natural Applesauce/String Cheese \$ 2.00

Additional Quality Beverages:

- 2% Milk & Chocolate Milk \$ 2.50
- Bottled Water \$ 1.25
- 100% Juice Box \$ 2.50
- 100% Bottled Juice \$ 2.95

Prices and availability subject to change