

Vegetarian Vegetarian plant-based option available All meals include fat-free, low-fat or Lactose Free milk choices.

BREAKFAST OPTIONS  
LUNCH OPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Breakfast Slider Breakfast Pizza Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese Whole Grain Cereal	Chicken Chili Crispito Fresh Baked Muffin Parfait with Berries & Granola SIDE: Peach Smoothie Whole Grain Cereal	Pancake Pup with Pork Sausage Ham and Cheese Croissant Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese Whole Grain Cereal	Egg, Turkey Sausage and Cheese Breakfast Croissant Fresh Baked Muffin Parfait with Berries & Granola Whole Grain Cereal	Chicken Chili Crispito Breakfast Pizza Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese Whole Grain Cereal
Sweet & Sour Chicken Bowl with Fresh Vegetables Chicken Strips with Seasoned Wedges Spicy Chicken Wrap Parfait with Sunbutter Meal SIDE: Juice Comp5 High Schools: Chicken Ceasar Salad	Spicy Chicken Sandwich with Seasoned Wedges Beef Burrito Roasted Turkey Sandwich on Fresh Baked Baguette Parfait with Sunbutter Meal Comp5 High Schools: Chicken Ceasar Salad	Chicken Pasta Alfredo Double Corn Dog & Tater Tots Spicy Chicken Wrap Chicken Caesar Salad Parfait with Sunbutter Meal Comp5 High Schools: Spicy Chicken Wrap	Chicken Chili Crispito with Molcajete Salsa & Sour Cream Beef and Pork Pepperoni Pizza Cheese Pizza Roasted Turkey Sandwich on Fresh Baked Baguette Parfait with Sunbutter Meal SIDE: SunChips Comp5 High Schools: Chicken Ceasar Salad	Specialty Burger with Bacon & Pepperjack Cheese with Seasoned Wedges Beef Taco Bowl Spicy Chicken Wrap Parfait with Sunbutter Meal Comp5 High Schools: Chicken Ceasar Salad

Fresh fruit varieties & orange juice offered daily for breakfast.  
 Fresh vegetables, fruit varieties & side salads offered daily for lunch.



@thecentralkitchensac  
 The Central Kitchen - SCUSD Nutrition Services

Nutrition Services  
 916-395-5600  
 This institution is an equal opportunity provider. Menus subject to change.

PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.



FEATURED MENU ITEM:

# Jalapeño & Cheddar Bagel

In February our students will experience our freshly baked Artisan Jalapeño & Cheddar Bagel for breakfast. These locally sourced bagels from Dos Pisano's are crafted with "old world" artisan baking techniques and sustainable ingredients. Real food tastes best with real ingredients and no preservatives.



In part of celebrating the Year of the Dragon, we are excited to share Green Dragon™ Apples. This delicious fruit stands out with their unique sweetness, which is quite different from the usual tartness of green apples. They're surprisingly sweet, much like the popular red apple varieties. Their flavor has a delightful mix of pineapple and pear, adding a fresh and exciting twist. Additionally, these apples are known for their rich, fruity aroma, making them one of the most fragrant apples you can find.

