

MARCH 2020

March 4-8 is National SCHOOL BREAKFAST week!

Try the new Naked Smoothies offered for breakfast in the month of March, in a choice of three flavors.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancake with Pork Sausage ☆ Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	3 Turkey Sausage Breakfast Pizza ☆ Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	4 Chicken Crispito with Salsa ☆ Fernando's Bean & Cheese Burrito OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	5 NEW! Naked Smoothie with Cereal Bar ☆ Breaded Chicken Sandwich OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	6 Egg & Cheese Croissant ☆ Mandarin Orange Chicken with Hawaiian Brown Rice OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
9 Italian Turkey Sausage Square ☆ Tyson Chicken Strips with Tater Tots OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	10 Chicken Sausage Breakfast Slider ☆ Pork & Beef Pepperoni Pizza or Cheese Pizza OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	11 Chicken Crispito with Salsa ☆ Taco Bowl with or without Pork Carnitas, Refried Beans OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	12 Pork Eggstravaganza with Tater Tots ☆ Angus Beef Cheeseburger OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	13 Yogurt with Strawberry Granola ☆ Chicken Corn Dog & White Cheddar Popcorn OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
16 Pancake with Pork Sausage ☆ Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	17 Turkey Sausage Breakfast Pizza ☆ Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	18 Chicken Crispito with Salsa ☆ Fernando's Bean & Cheese Burrito OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	19 NEW! Naked Smoothie with Cereal Bar ☆ Breaded Chicken Sandwich OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	20 Egg & Cheese Croissant ☆ Mandarin Orange Chicken with Hawaiian Brown Rice OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers

FARM to SCHOOL

Organic

Rainbow Carrots

from Bolthouse Farms in Bakersfield, CA



Don't forget!
Soil Born Farms is hosting their annual "Garden in Every School" Symposium on March 14.
Learn more and sign up at www.soilborn.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Italian Turkey Sausage Square ☆ Tyson Chicken Strips with Tater Tots OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	24 Chicken Sausage Breakfast Slider ☆ Pork & Beef Pepperoni Pizza or Cheese Pizza OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	25 Chicken Crispito with Salsa ☆ Taco Bowl with or without Pork Carnitas, Refried Beans OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	26 Pork Eggstravaganza with Tater Tots ☆ Angus Beef Cheeseburger OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	27 Yogurt with Strawberry Granola ☆ Chicken Corn Dog & White Cheddar Popcorn OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers
30 Pancake with Pork Sausage ☆ Breaded Chicken Drumstick, Annie's Bunny Friends OR Sunbutter Sandwich, Upstate Yogurt, Goldfish Crackers	31 Turkey Sausage Breakfast Pizza ☆ Mozzarella Cheese Bites with Marinara Sauce OR Sunbutter Sandwich, String Cheese, Cheez-it Crackers	April 1  Spring Feast!	Did you know? • Carrots were originally white or purple! Then a yellow carrot appeared through mutation and the familiar orange carrot was bred from it. • Carrots are the second most popular type of vegetable, after potatoes. • Rainbow carrots come in purple, red, orange, yellow, and white. Try each color to get a variety of health benefits. Eat unpeeled, as many of the nutrients live in the skin. • The biggest carrot recorded is more than 19 pounds; the longest is over 19 feet!	

BREAKFAST OPTIONS

Listed entrée or General Mills whole-grain cereal with side (when available), graham crackers, a variety of fresh & canned fruit.

ALL MEALS INCLUDE

Unlimited produce bar full of fresh, locally-sourced fruits and vegetables; Low-fat or non-fat milk or Lactaid



"We believe making one better choice each day is something we can all do."

Reducing food waste: Our process is designed to make use of the whole carrot. From tip to greens, we make sure each inch of the carrot reaches its full potential. Carrots are juiced into fresh beverages, cut and peeled into baby carrots or shaped into Chips and Matchstix. Even the leftover carrot tops are used as fertilizer in the fields.

Bolthouse started in 1915 in Michigan. After "a century worth of roots" they have farms across the country, including nearby Bakersfield.

Are you awesome?

We're Hiring!

UPCOMING JOB FAIR
April 14 • 9am-3pm

We have 3-hour food service assistant positions available now! Call the Nutrition office for more information: 916.395.5600



thecentralkitchen.org



Nutrition Services
 916-395-5600

This institution is an equal opportunity employer and provider. Menus subject to change.