

# January 2021

MENU FOR ALL SCUSD SCHOOLS

Curbside pickup every Monday, Wednesday and Friday































Vegetarian Items: 

## Pick up Locations

11:00am - 1:00pm:

Abraham Lincoln	Oak Ridge
Albert Einstein	Pacific
Bowling Green	Parkway
Bret Harte	Peter Burnett
California	Rosa Parks
Caroline Wenzel	Rosemont
Earl Warren	Sam Brannan
Edward Kemble	Sequoia
Elder Creek	Susan B. Anthony
Ethel I. Baker	Tahoe
Ethel Phillips	Washington
Father K.B. Kenny	Will C. Wood
Fern Bacon	William Land
Golden Empire	Woodbine
H.W. Harkness	Yav Pem Suab Academy
Hiram Johnson	(Lisbon Elementary)
Hollywood	
Isador Cohen	
James Marshall	
John Bidwell	
John Sloat	
John Still	
Kit Carson	
Language Academy	
Leataata Floyd	
Luther Burbank	
Mark Twain	
Martin Luther King	
Nicholas	

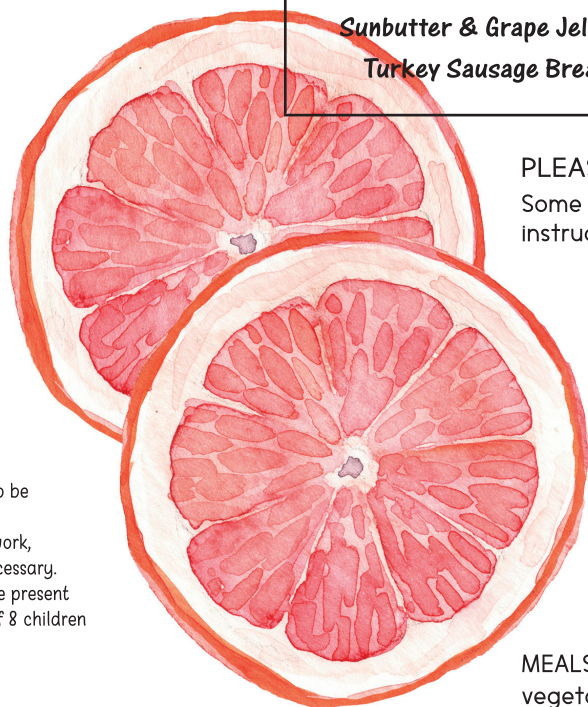
Free meals will continue to be provided to all children 0-18 years old. No paperwork, no proof of enrollment necessary. Children do not need to be present to receive meals; a limit of 8 children per vehicle.

Pick up Monday 1-4	Pick up Wednesday 1-6	Pick up Friday 1-8
<b>To-go Lunch!</b> <b>Take &amp; Bake Garlic Cheese Toast</b>  <b>Beef Stick Snack Pack</b> <b>Cereal</b>  <b>Cheeseburger Sliders</b> <b>Dried Apples &amp; Crackers</b>  <b>Sunbutter &amp; Grape Jelly Sandwich</b>  <b>Turkey Sausage &amp; Egg Breakfast Wrap</b>	<b>To-go Lunch!</b> <b>Homestyle Breaded Chicken Strips</b> <b>Bean and Cheese Burrito</b>  <b>Cereal</b>  <b>Crackers and String Cheese</b>  <b>Cheese Pizza Pocket</b>  <b>Maple Pancakes</b>  <b>Pepperoni Pizza</b>	<b>To-go Lunch! Chicken Corn Dog</b> <b>Cereal</b>  <b>Crackers and String Cheese</b>  <b>Grilled Cheese Sandwich</b> 
Pick up Monday 1-11	Pick up Wednesday 1-13	Pick up Friday 1-15
<b>Hot Lunch!</b> <b>Teriyaki Chicken with Brown Rice</b> <b>Breaded Chicken Drumstick</b> <b>Cereal</b>  <b>Crackers and String Cheese</b>  <b>Garlic French Bread Pizza</b>  <b>Sunbutter &amp; Grape Jelly Sandwich</b>  <b>Turkey Sausage Breakfast Pizza</b>	<b>Hot Lunch! Beef Burger</b> <b>Bean and Cheese Burrito</b>  <b>Cereal</b>  <b>Cheese Pizza Pocket</b>  <b>Cheese Pizza</b>  <b>Maple Pancakes</b>  <b>Sun Chips and String Cheese</b> 	Meals for Friday 1/15, Monday 1/18 and Tuesday 1/19. <b>Cereal</b>  <b>Cheeseburger Sliders</b> <b>Chicken Corn Dog</b> <b>Focaccia Cheese Wheel</b>  <b>Garlic French Bread Pizza</b>  <b>Grilled Cheese Sandwich</b>  <b>Lemon Blueberry Bar</b>  <b>Nacho Kit</b>  <b>Pretzels &amp; Sunbutter Pouch</b>  <b>Protein Snack Pack</b> <b>Strawberry Graham &amp; String Cheese</b> 

### PLEASE NOTE:

Some of the entrées provided may need to be reheated. Heating instructions can be found online at [thecentralkitchen.org/recipes](http://thecentralkitchen.org/recipes)

MEALS INCLUDE: Juice, raisins, fresh carrots, fresh fruit, other vegetables, fruit cup and choice of milk. (Options will vary.)



# FARM TO SCHOOL

## STAR RUBY GRAPEFRUIT

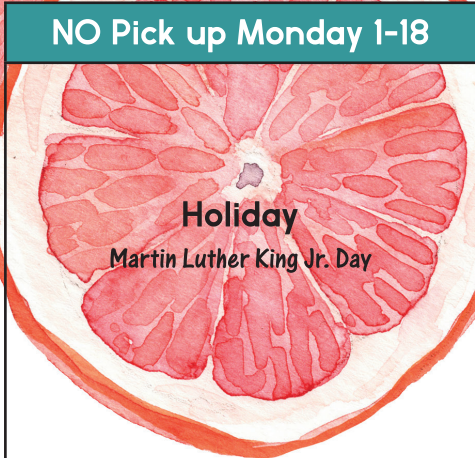
FROM

### Bee Sweet Citrus

FOWLER, CA

Did You Know?

- ⇒ Fresh grapefruit comes in several colors including pink, red, white and golden.
- ⇒ Grapefruit has 92% water – more than almost any other fruit.
- ⇒ A grapefruit is actually a cross between a sweet orange and a pomelo! This happened when the pomelo was first brought to Jamaica.
- ⇒ The easiest way to eat a grapefruit is to cut it in half and scoop out the flesh of each section with a spoon. You can also cut a grapefruit into quarters and eat them like orange slices.

NO Pick up Monday 1-18	Pick up Wednesday 1-20	Pick up Friday 1-22
 <p><b>Holiday</b> Martin Luther King Jr. Day</p>	<p><b>Hot Lunch!</b> Chicken Sausage Sliders Bean and Cheese Burrito Cereal Cheese Pizza Pocket Crackers and String Cheese Pepperoni Pizza Turkey Sausage &amp; Egg Breakfast Wrap</p>	<p><b>To-go Lunch!</b> Chicken Corn Dog Cereal Crackers and String Cheese Grilled Cheese Sandwich</p>
Pick up Monday 1-25	Pick up Wednesday 1-27	Pick up Friday 1-29
<p><b>To-go Lunch!</b> Chicken Chili Crisпитos Breaded Chicken Drumstick Cereal Crackers and String Cheese Garlic French Bread Pizza Sunbutter &amp; Grape Jelly Sandwich Turkey Sausage Breakfast Pizza</p>	<p><b>Hot Lunch! Beef Burger</b> Bean and Cheese Burrito Blueberry Muffin Cereal Cheese Pizza Pocket Sun Chips &amp; String Cheese</p>	<p><b>To-go Lunch!</b> Chicken Corn Dog Cereal Grilled Cheese Sandwich Strawberry Graham &amp; String Cheese</p>

Produce in January includes local tangelos, mandarins and grapefruit from Fowler, carrots from Bakersfield and yams from Livingston, as well as fresh salad blends and other fresh fruit and vegetable options!



For the most up-to-date information regarding meal service, please visit [thecentralkitchen.org/curbside](http://thecentralkitchen.org/curbside)



Nutrition Services 916-395-5600  
This institution is an equal opportunity employer and provider.

Menus are subject to change. Meals are federally funded by the USDA, not SCUSD general funds.