

Featured menu item:
Chicken Ranch Wrap



An old favorite refreshed.
 Crispy Chicken dusted with our Nashville hot seasoning wrapped in a 12" tortilla with crisp green leaf lettuce, shredded cheddar cheese, and Ken's ranch dressing.

Breakfast

Options: Listed Entree or General Mills Whole Grain Cereal, graham crackers, and a variety of fresh or canned fruit will be offered daily, along with choice of milk.

Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza	Eggstravaganza with Tots, Cheese and Biscuits	Breakfast Pizza	Eggstravaganza with Tots, Cheese and Biscuits	Breakfast Pizza
Fat Cat Bakery Fresh Baked Muffins	Steak & Cheese Tornado	Fat Cat Bakery Fresh Baked Muffins	Steak & Cheese Tornado	Fat Cat Bakery Fresh Baked Muffins
Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box
Mango Naked Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice

Lunch


Lunch options: Variety of fresh fruits and vegetables and choice of fresh milk will be offered daily with all lunch entrees. Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Teriyaki Bowl	Chicken Alfredo Bowl with Pizza Pocket	Popcorn Chicken Bowl with Mashed Potatoes, Corn & Gravy	Cheeseburger	Classic Spicy Chicken Sandwich
Chicken Caesar Salad* with Pizza Pocket	Chicken Caesar Salad* with Pizza Pocket	Santa Fe Chicken Salad	BLT Salad	Chicken Caesar Salad* with Pizza Pocket
Pepperoni or Cheese Pizza by the Slice	Pepperoni or Cheese Pizza by the Slice	Green Chili and Cheese Burrito* with Nachos	Green Chili and Cheese Burrito* with Nachos	Pepperoni or Cheese Pizza by the Slice
Chicken Ranch Wrap	Steak and Cheese Tornado	Mac & Cheese Bowl with Pizza Pocket	Chicken Ranch Wrap	Rotini Bowl w/Pizza Pocket

STUDENTS:
Want to earn some extra money during your lunch break?

We are again hiring student engagement workers at John F. Kennedy, Hiram Johnson, Rosemont, CK McClatchy, and Luther Burbank High Schools for 30 minutes a day. If you are interested, see or call the Supervisor of your school cafeteria.

Learn customer service skills and build your resume for college and career readiness!



Watch for the "vegetarian" labels on our entrees!



You may also request Alfredo Pasta and Caesar Salad without chicken, or request 2 Green Chili and Cheese Burritos

* Starred entrées are available as vegetarian meals upon request!



Follow us on Instagram!
 @theCentralKitchenSAC



<https://thecentralkitchen.org>



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

FARM TO SCHOOL

Certified Organic Hidden Rose Apples®

This unique apple variety can only be found in Airlie, Oregon, at Thomas Paine Farms.

The color and sweetness of these hard-to-grow apples are enhanced by the mild climate of the Pacific Northwest, with its warm days and cool nights.

Tart and mildly sweet, Hidden Rose Apples® have a distinctive flavor with hints of strawberry lemonade. It has a pale yellow skin covered in a faint red blush and speckled with white freckles. The vibrant pink flesh is both crisp and juicy.

This featured apple has been a staple on our December menus for 3 years now. We believe every student should experience this unique and rare fruit.

