

Start your morning with a Breakfast Bowl



Fluffy scrambled eggs with pork bacon and cheddar cheese paired with crispy hash potatoes and served with a warm whole-grain biscuit.

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

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	Breakfast Bowl	Breakfast Pizza	Breakfast Bowl	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	Dannon Fruit Smoothie

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
Orange Chicken Bowl	Chicken Alfredo Bowl* with Garlic Cheese Toast	Popcorn Chicken Bowl with Mashed Potatoes, Corn & Gravy	Cheeseburger	Classic Spicy Chicken Sandwich
Chicken Caesar Salad* with Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich	BLT Salad with Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich
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	Tornados (2 each)	Mac & Cheese Bowl w/Garlic Cheese Toast	Chicken Ranch Wrap	Rotini Bowl w/Garlic Cheese Toast

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!



Did you know...

- Mangoes contain over 20 different vitamins and minerals, helping to make them a superfood.
- The mango tree grows in tropical climates. Extended exposure to temperatures below freezing can kill or severely damage a mango tree, so in the U.S. they are only able to grow in the southernmost portions of Florida and California.
- There are six common varieties of mangoes that are available in the U.S. marketplace, but there are actually hundreds of varieties of mangoes! Mangoes are grown in tropical regions all around the world.

* 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.

Fuel Up with a Mango



Look out for mangoes being offered with lunches this month on select days!