

# 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 w/Garlic Cheese Toast	Popcorn Chicken Bowl with Mashed Potatoes, Corn & Gravy	Cheeseburger	Classic Spicy Chicken Sandwich
Chicken Caesar Salad* w/Garlic Cheese Toast	Chicken Caesar Salad* w/Garlic Cheese Toast	Santa Fe Chicken Salad w/Garlic Cheese Toast	BLT Salad w/Garlic Cheese Toast	Chicken Caesar Salad* w/Garlic Cheese Toast
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?

Satsuma mandarins have a low heat requirement and high cold tolerance, allowing them to grow in many places other citrus varieties cannot. They provided an important, hardy crop for fruit tree growers in the Sacramento area of California after a disease killed off most pear trees during a mid-20th-century blight. Satsuma mandarins are so important to the economy of Placer County, California, they are celebrated at the Mandarin Festival held annually in November.

\* Starred entrées are available as vegetarian meals upon request!



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<https://thecentralkitchen.org>



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

# Farm to School

## SATSUMAS

a mandarin variety from  
**WILLOW CREEK RANCH**  
in Penryn, CA

Willow Creek Ranch is a small working family farm, owned and operated by Gordon Poulsen with the help of his son and grandson. Their fruit was voted Best Mandarin at the 2011 Mandarin Festival! Willow Creek offers multiple varieties of mandarins, producing late into the season - usually available through February!

