



WE'RE HIRING

Food Service Assistants

- Three hour shifts
- Flexible schedule
- No experience necessary
- Advancement opportunities

Call to set up
an appointment!



Make an appointment today for our Job Fair Feb. 17!
Call 916-395-5600

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Pizza Chicken Corn Dog or Cheese Bites Sun Chips	2 Cranberry Orange Chewie Bar Beef Pepperoni Stuffed Sandwich or Sunbutter Sandwich Meal Annie's Grahams	3 Mini Blueberry Waffles Beef Cheeseburger or Grilled Cheese Sandwich Tater Tots	4 Garlic Cheese Toast Danone Strawberry Smoothie Mac & Cheese Bowl or Sunbutter Sandwich Meal
7 Apple Cinnamon Oatmeal Round Naked Mango Juice Wild Mike's Pepperoni or Cheese Pizza or Sunbutter Sandwich Meal	8 Focaccia Cheese Wheel Tyson Chicken Strips with Chick'n Dip Sauce or Mac & Cheese Bowl	9 Pancake with Pork Sausage Orange Chicken or Sunbutter Sandwich Meal Hawaiian Brown Rice	10 Chicken Crispito Miller's All Natural Beef Hot Dog or Grilled Cheese Sandwich Tater Tots	11 Banana Muffin Danone Strawberry Smoothie Rotini with Meat Sauce or Sunbutter Sandwich Meal
14 Breakfast Pizza Chicken Corn Dog or Cheese Bites Sun Chips	15 Breakfast Pizza Chicken Corn Dog or Cheese Bites Sun Chips	16 Cranberry Orange Chewie Bar Beef Pepperoni Stuffed Sandwich or Sunbutter Sandwich Meal Annie's Grahams	17 Mini Blueberry Waffles Beef Cheeseburger or Grilled Cheese Sandwich Tater Tots	18 Garlic Cheese Toast Naked Mango Juice Mac & Cheese Bowl or Sunbutter Sandwich Meal

Holiday

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

Meals include

Fat-free or low-fat milk or Lactaid

Breakfast Options

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

Fuel Up with a Mango



<https://thecentralkitchen.org>



Nutrition Services 916-395-5600

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



Follow us on Instagram!
@theCentralKitchenSAC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 <i>Holiday</i>	22 Focaccia Cheese Wheel 🍃 Tyson Chicken Strips with Chick'n Dip Sauce or Mac & Cheese Bowl 🍃	23 Pancake with Pork Sausage Orange Chicken or Sunbutter Sandwich Meal 🍃 Hawaiian Brown Rice 🍃	24 Chicken Crispito Miller's All Natural Beef Hot Dog or Grilled Cheese Sandwich 🍃 Tater Tots 🍃	25 Banana Muffin 🍃 Naked Mango Juice 🍃 Rotini with Meat Sauce or Sunbutter Sandwich Meal 🍃
28 Blueberry Muffin 🍃 Naked Mango Juice 🍃 Popcorn Chicken Smackers or Sunbutter Sandwich Meal 🍃				PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.

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.