

Getting to know...

SNAP PEAS

Snap peas, also called sugar snap peas, are a cross between English peas and snow peas.

Snap Peas have a thicker skin and smaller peas than regular English pea pods, making them easy to chew raw as a sweet and crunchy snack.

Snap Peas are loaded with vitamin C. They are a rich source of niacin and folate, which help your body convert food to energy. They also provide vitamin K, which supports bone health and blood function, as well as iron and other essential minerals.

CENTRAL
KITCHEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Sausage Breakfast Pizza Chicken Corn Dog OR Garlic Cheese Toast with SunChips	2 Cranberry Orange Farmer's Market Bar Beef Pepperoni Stuffed Sandwich OR Sunbutter Sandwich Meal with Annie's Honey Bunny Grahams	3 Mini Blueberry Waffles Beef Cheeseburger OR Grilled Cheese Sandwich with Tater Tots	4 Focaccia Cheese Wheel Danone Strawberry Smoothie Beef Steak & Cheese Tornado OR Sunbutter Sandwich Meal
7 Apple Cinnamon Oatmeal Round Mango Naked Juice Pork & Beef Pepperoni Pizza OR Cheese Pizza OR Sunbutter Sandwich Meal	8 Focaccia Cheese Wheel Tyson Chicken Strips with Chick'n Dip'n Sauce OR Garlic Cheese Toast	9 Pancake with Pork Sausage Orange Chicken OR Sunbutter Sandwich Meal with Hawaiian Brown Rice	10 Chicken Crispito Miller's All Natural Beef Hot Dog OR Grilled Cheese Sandwich with Tater Tots	11 Banana Muffin Danone Strawberry Smoothie Rotini with Beef Meat Sauce OR Sunbutter Sandwich Meal
14 Blueberry Muffin Naked Mango Juice Popcorn Chicken Smackers with Chick'n Dip'n Sauce OR Sunbutter Sandwich Meal	15 Turkey Sausage Breakfast Pizza Chicken Corn Dog OR Garlic Cheese Toast with SunChips	16 Cranberry Orange Farmer's Market Bar Beef Pepperoni Stuffed Sandwich OR Sunbutter Sandwich Meal with Cheez-It Crackers	17 Mini Blueberry Waffles Beef Cheeseburger OR Grilled Cheese Sandwich with Tater Tots	18 Garlic Cheese Toast Danone Strawberry Smoothie Tyson Chicken Strips with Chick'n Dip'n Sauce OR Sunbutter Sandwich Meal

Breakfast Options

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

Meals include
Fat-free or low-fat milk
or Lactaid



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 - MARCH 17!
Call 916-395-5600**




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Nutrition Services 916-395-5600
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Apple Cinnamon Oatmeal Round Mango Naked Juice Pork & Beef Pepperoni Pizza OR Cheese Pizza OR Sunbutter Sandwich Meal	22 Focaccia Cheese Wheel Tyson Chicken Strips with Chick'n Dip'n Sauce OR Garlic Cheese Toast Cranberry Orange Farmer's Market Bar	23 Pancake with Pork Sausage Orange Chicken OR Sunbutter Sandwich Meal with Hawaiian Brown Rice	24 Chicken Crispito Miller's All Natural Beef Hot Dog OR Grilled Cheese Sandwich with Tater Tots	25 Banana Muffin Danone Strawberry Smoothie Chicken Patty on a Bun OR Sunbutter Sandwich Meal
28 Blueberry Muffin Naked Mango Juice Popcorn Chicken Smackers with Chick'n Dip'n Sauce OR Sunbutter Sandwich Meal	29 Turkey Sausage Breakfast Pizza Chicken Corn Dog OR Garlic Cheese Toast with SunChips	30 Beef Pepperoni Stuffed Sandwich OR Sunbutter Sandwich Meal with Cheez-It Crackers	31 Mini Blueberry Waffles Tyson Chicken Strips with Chick'n Dip'n Sauce OR Grilled Cheese Sandwich with Tater Tots	

PLEASE NOTE:

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



<https://thecentralkitchen.org>