MARCH 2022 | K-8

Sacramento City Unified School District

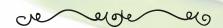
Getting to know...

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.





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey Sausage Breakfast Pizza

Chicken Corn Dog OR

Garlic Cheese Toast 🍆

with SunChips

Focaccia Cheese

Tuson Chicken

Dip'n Sauce

Garlic Cheese

Toast 🖜

Strips with Chick'n

Wheel 🦜

Cranberry Orange Farmer's Market Bar

Beef Pepperoni Stuffed Sandwich OR

Sunbutter Sandwich Meal -

with Annie's Honeu Bunny Grahams

Pancake with

Pork Sausage

Orange Chicken

with Hawaiian

Brown Rice

Meal -

Sunbutter Sandwich

Mini Blueberru Waffles -

Beef Cheeseburger OR

Grilled Cheese Sandwich -

with

Tater Tots 🤏

Focaccia Cheese Wheel Danone Strawberru Smoothie -

Beef Steak & Cheese Tornado

OR

Sunbutter Sandwich Meal -

Chicken Crispito

Miller's All Natural Beef Hot Dog

OR

10

Grilled Cheese Sandwich -

with Tater Tots

Banana Muffin Danone Strawberry Smoothie -

Rotini with Beef Meat Sauce

OR

Sunbutter Sandwich Meal 🖜

14

OR

Meal -

Blueberry Muffin Naked Mango Juice

Apple Cinnamon

Pork & Beef

Pepperoni Pizza

OR Cheese Pizza

Oatmeal Round

Mango Naked Juice 🥆

Sunbutter Sandwich

5

Turkey Sausage Breakfast Pizza

Chicken Corn Dog OR

Garlic Cheese Toast 🦜 with SunChips - 6

Cranberry Orange Farmer's Market Bar

Beef Pepperoni OR

Sunbutter Sandwich Meal 🦠

Mini Blueberry Waffles -

Beef Cheeseburger

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 🖜

Sunbutter Sandwich

Popcorn Chicken Smackers with Chick'n Dip'n Sauce OR

Meal 🦜

Stuffed Sandwich

with Cheez-It Crackers

Items noted with are vegetarian.



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

WE'RE

HIRING

· Three hour shifts · Flexible schedule No experience necessary

Food Service Assistants

Advancement opportunities



Blueberry Muffin Naked Mango Juice

Chick'n Dip'n Sauce

Focaccia Cheese Wheel

TUESDAY

Tyson Chicken Strips with Chick'n Dip'n Sauce OR

Garlic Cheese Toast -

WEDNESDAY

Pancake with Pork Sausage

Orange Chicken

Sunbutter Sandwich Meal -

with Hawaiian Brown Rice 24

Chicken Crispito

THURSDAY

Miller's All Natural Beef Hot Dog OR Grilled Cheese

Sandwich with Tater Tots 25

Banana Muffin Danone Strawberry Smoothie -

FRIDAY

Chicken Patty on a Bun

OR

Sunbutter Sandwich Meal 🖜



Meal -

OR

MONDAY

Apple Cinnamon

Pork & Beef

Pepperoni Pizza

OR Cheese Pizza

Sunbutter Sandwich

Oatmeal Round

Mango Naked Juice

Popcorn Chicken Smackers with OR

Sunbutter Sandwich Meal -

29

Turkey Sausage Breakfast Pizza

Chicken Corn Dog OR

Garlic Cheese Toast -

with SunChips

Cranberry Orange Farmer's Market Bar

Beef Pepperoni Stuffed Sandwich OR

Sunbutter Sandwich Meal 🦜

with

Cheez-It Crackers

Mini Blueberry Waffles 🤏

Tuson 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.





Call to set up an appointment!



Follow us on Instagram! @theCentralKitchenSAC



Nutrition Services 916-395-5600

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



https://thecentralkitchen.org