

Menu subject to
change without notice.

Sacramento City Unified School District
Preschool Menu: 1/31/2022 - 2/4/2022

	Monday 1/31	Tuesday 2/1	Wednesday 2/2	Thursday 2/3	Friday 2/4
BREAKFAST	Blueberry Muffin Canned Applesauce 1% Unflavored Milk	Turkey Sausage Breakfast Pizza Canned Applesauce 1% Unflavored Milk	Whole Grain Cereal Fresh Orange 1% Unflavored Milk	Mini Blueberry Bash Waffles Canned Applesauce 1% Unflavored Milk	Garlic Cheese Toast Canned Pears 1% Unflavored Milk
LUNCH	Popcorn Chicken Smackers SIDE: Chick'n Dip'n Sauce Canned Corn Canned Pears 1% Unflavored Milk	Cheese Bites Harvest Mixed Fruit Cup Fruit/Vegetable 1% Unflavored Milk	WG Sunbutter Sandwich Yogurt Canned Applesauce Fruit/Vegetable 1% Unflavored Milk	Cheesburger on WG Bun Ketchup, pkt Tater Tots Fruit/Vegetable 1% Unflavored Milk	Mac & Cheese Bowl Peach Cup Fruit/Vegetable 1% Unflavored Milk
SNACK	WG NatureValley Cinnamon Crisp Yogurt	WG Heartzel Pretzel Apple Juice 4oz	Bug Bite Crackers Strawberry Kiwi Juice 4oz	WG Cheddar Chex Mix Fruit Punch Juice 4oz	Strawberry Waffle Graham 1% Unflavored Milk
Menu Key P = Contains pork B = Contains beef C = Contains chicken or turkey N = Contains nuts D = Contains dairy V = Vegetarian food item S = Fish or seafood			The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status (not all prohibited bases apply to all programs). Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten, 14th & Independence Ave. SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.		

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Sacramento City Unified School District
Preschool Menu: 2/7/2022 - 2/11/2022

	Monday 2/7	Tuesday 2/8	Wednesday 2/9	Thursday 2/10	Friday 2/11
BREAKFAST	Apple Cinnamon Oatmeal Round Fresh Sliced Apples 1% Unflavored Milk	Cheesey Cheese Wheel SIDE: Fresh Blood Orange 1% Unflavored Milk	Whole Grain Cereal Fresh Banana 1% Unflavored Milk	WG Crispito Canned Applesauce 1% Unflavored Milk	Banana Muffin Strawberry Smoothie Canned Pears 1% Unflavored Milk
LUNCH	WG Cheese Pizza Harvest Mixed Fruit Cup Fruit/Vegetable 1% Unflavored Milk	WG Chicken Strips - 3 each Ketchup, pkt Canned Pears Fruit/Vegetable 1% Unflavored Milk	Mandarin Orange Chicken WG Hawaiian Brown Rice Canned Applesauce Fruit/Vegetable 1% Unflavored Milk	Grilled Cheese Sandwich Tater Tots Fruit/Vegetable 1% Unflavored Milk	Rotini with Beef Meat Sauce Fresh Sliced Apples Fruit/Vegetable 1% Unflavored Milk
SNACK	Scooby-Doo Bones, Grahams Yogurt	WG Strawberry Chex Mix Apple Juice 4oz	WG Goldfish Pretzels Kiwi Strawberry Juice 4oz	Whole Grain Cheez-It Crackers Fruit Punch Juice 4oz	WG Apple Cinn Bear Graham 1% Unflavored Milk
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D = Contains dairy V = Vegetarian food item S = Fish or seafood					

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**Sacramento City Unified School District
Preschool Menu: 2/14/2022 - 2/18/2022**

	Monday 2/14	Tuesday 2/15	Wednesday 2/16	Thursday 2/17	Friday 2/18
BREAKFAST	HOLIDAY	Turkey Sausage Breakfast Pizza Canned Applesauce 1% Unflavored Milk	Whole Grain Cereal Fresh Orange 1% Unflavored Milk	Mini Blueberry Bash Waffles Canned Applesauce 1% Unflavored Milk	Garlic Cheese Toast Canned Pears 1% Unflavored Milk
LUNCH	HOLIDAY	Cheese Bites Marinara Sauce Pear Cup Fruit/Vegetable 1% Unflavored Milk	WG Sunbutter Sandwich Yogurt Canned Applesauce Fruit/Vegetable 1% Unflavored Milk	Cheesburger on WG Bun Ketchup, pkt Tater Tots Fruit/Vegetable 1% Unflavored Milk	Mac & Cheese Bowl Applesauce Strawberry Cup Fruit/Vegetable 1% Unflavored Milk
SNACK	HOLIDAY	WG Heartzel Pretzel Apple Juice 4oz	Bug Bite Crackers Strawberry Kiwi Juice 4oz	WG Cheddar Chex Mix Fruit Punch Juice 4oz	Strawberry Waffle Graham 1% Unflavored Milk
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**Sacramento City Unified School District
Preschool Menu: 2/21/2022 - 2/25/2022**

	Monday 2/21	Tuesday 2/22	Wednesday 2/23	Thursday 2/24	Friday 2/25
BREAKFAST	HOLIDAY	Cheesey Cheese Wheel SIDE: Fresh Blood Orange 1% Unflavored Milk	Whole Grain Cereal Fresh Banana 1% Unflavored Milk	WG Crispito Canned Applesauce 1% Unflavored Milk	Banana Muffin SIDE: Mighty Mango Juice Canned Pears 1% Unflavored Milk
LUNCH	HOLIDAY	WG Chicken Strips - 3 each Ketchup, pkt Canned Pears Fruit/Vegetable 1% Unflavored Milk	Mandarin Orange Chicken WG Hawaiian Brown Rice Canned Applesauce Fruit/Vegetable 1% Unflavored Milk	Grilled Cheese Sandwich Tater Tots Fruit/Vegetable 1% Unflavored Milk	Rotini with Beef Meat Sauce Fresh Sliced Apples Fruit/Vegetable 1% Unflavored Milk
SNACK	HOLIDAY	WG Strawberry Chex Mix Apple Juice 4oz	WG Goldfish Pretzels Kiwi Strawberry Juice 4oz	Whole Grain Cheez-It Crackers Fruit Punch Juice 4oz	WG Apple Cinn Bear Graham 1% Unflavored Milk
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Sacramento City Unified School District
Preschool Menu: 2/28/2022 - 3/4/2022

	Monday 2/28	Tuesday 3/1	Wednesday 3/2	Thursday 3/3	Friday 3/4
BREAKFAST	Blueberry Muffin SIDE: Applesauce Cup 1% Unflavored Milk	WG ItalianTrkySausageSquare(C) SIDE: Applesauce Cup 1% Unflavored Milk	Whole Grain Cereal Fresh Orange 1% Unflavored Milk	Mini Blueberry Bash Waffles SIDE: Applesauce Cup 1% Unflavored Milk	Garlic Cheese Toast SIDE: Strawberry Apple Crisps 1% Unflavored Milk
LUNCH	Popcorn Chicken Smackers SIDE: Chick'n Dip'n Sauce SIDE: Canned Corn SIDE: Strawberry Apple Crisps 1% Unflavored Milk	Bean & Cheese Burrito Pear Cup Fruit/Vegetable 1% Unflavored Milk	Sunbutter Sandwich Yogurt SIDE: Applesauce Cup Fruit/Vegetable 1% Unflavored Milk	Cheesburger on WG Bun Ketchup, pkt Tater Tots Fruit/Vegetable 1% Unflavored Milk	Grilled Cheese Sandwich Pear Cup Fruit/Vegetable 1% Unflavored Milk
SNACK	WG NatureValley Cinnamon Crisp Yogurt	WG Heartzel Pretzel Apple Juice 4oz	Bug Bite Crackers Strawberry Kiwi Juice 4oz	WG Cheddar Chex Mix Fruit Punch Juice 4oz	Strawberry Waffle Graham 1% Unflavored Milk
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