

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 Entrée 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 with fresh berries 🌱 | Yogurt Bento Box with fresh berries 🌱 | Yogurt Bento Box with fresh berries 🌱 | Yogurt Bento Box with fresh berries 🌱 | Yogurt Bento Box with fresh berries 🌱 |
| Mango Naked Juice 🌱 | Orange Juice 🌱 | Mango Naked 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 entrées. Menu subject to change.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| Popcorn Chicken Bowl | Steak & Cheese Tornados (2) | 2 Hot Dogs and Munchies | Cheeseburger w/Lettuce, Tomato, Onion & Tater Tots | Classic Spicy Chicken Sandwich w/Lettuce, Tomato, Onion & Tater Tots |
| Chicken Caesar Salad* with Grilled Cheese Sandwich 🌱 | Chicken Caesar Salad* with Grilled Cheese Sandwich 🌱 | Chicken Caesar Salad* w/Garlic French Bread Pizza 🌱 | Chicken Caesar Salad* w/Garlic French Bread Pizza 🌱 | Chicken Caesar Salad* w/Garlic French Bread Pizza 🌱 |
| Pepperoni or Cheese Pizza by the Slice 🌱 | Pepperoni or Cheese Pizza by the Slice 🌱 | Pepperoni or Cheese Pizza by the Slice 🌱 | Bean, Green Chili & Cheese Burrito with Nacho Tray** | Pepperoni or Cheese Pizza by the Slice 🌱 |
| Spicy Chicken Wrap | Popcorn Chicken Bowl | Spicy Chicken Wrap | NEW! Breaded Chicken Drumsticks w/Dinner Roll | Spicy Chicken Wrap |

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!



* Available as vegetarian meals upon request

** Vegetarian without the nachos

Carrots...

Help support healthy brain function

Luteolin, commonly found in carrots, is known to support healthy brain function.

Help support the immune system

A single serving of carrots provides more than 50% of the daily recommended value of vitamin A which helps support a healthy immune system.

Help maintain body function

The antioxidants found in carrots fight free radicals and help maintain normal body function.

Help maintain healthy vision

Beta carotene converts to vitamin A in the retina. Vitamin A helps you see in dim light, so a diet rich in beta carotene helps to support healthy eyesight and night vision.



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

