

May 2022

monday

2 Yogurt with Granola 🍃
Naked Juice 🍃

~~~~~

Chef's Choice  
OR  
Sunbutter Sandwich Meal 🍃

tuesday

**3** Breakfast Pizza with Turkey Sausage

~~~~~

Chicken Corn Dog
OR
Bean and Cheese Burrito with Green Chili 🍃

wednesday

4 Cranberry Orange Farmer's Market Bar 🍃

~~~~~

Chicken & Cheese Pupusa OR  
Sunbutter Sandwich Meal 🍃

SIDE: Cheez-It Crackers

thursday

**5** Blueberry Pancakes 🍃

~~~~~

Chicken Patty Sandwich
OR
Garlic French Bread Pizza 🍃

SIDE: Tater Tots

friday

6 Berry Breakfast Scone 🍃
Danone Strawberry Smoothie 🍃

~~~~~

Cheese Quesadilla 🍃  
OR Sunbutter Sandwich Meal 🍃

SIDE: Cool Tropic Berry Berry Blue Slushie 🍃

**9** Apple Cinnamon Oatmeal Round 🍃

~~~~~

Wild Mike's Pepperoni OR Cheese 🍃 Pizza
OR
Sunbutter Sandwich Meal 🍃

10 Focaccia Cheese Wheel 🍃

~~~~~

Beef Cheeseburger Sliders  
OR  
Bean and Cheese Burrito with Green Chili 🍃

**11** Pancake with Pork Sausage

~~~~~

rebellyous
foods
Kickin' Nuggets (Vegan)
w/Chick'n Dip Sauce 🍃
OR Sunbutter Sandwich Meal 🍃

SIDE: SunChips 🍃

12 Banana Muffins 🍃

~~~~~

Miller's All Natural Beef Hot Dog  
OR  
Garlic French Bread Pizza 🍃

SIDE: Potato Smiles 🍃

**13** Eggo Emoji Waffles with Syrup 🍃

~~~~~

Steak & Cheese Tornado
OR
Sunbutter Sandwich Meal 🍃

16 Yogurt with Granola 🍃
Naked Juice 🍃

~~~~~

Chef's Choice  
OR  
Sunbutter Sandwich Meal 🍃

**17** Breakfast Pizza with Turkey Sausage

~~~~~

Chicken Corn Dog
OR
Bean and Cheese Burrito with Green Chili 🍃

18 Cranberry Orange Farmer's Market Bar 🍃

~~~~~

Chicken & Cheese Pupusa OR  
Sunbutter Sandwich Meal 🍃

SIDE: Cheez-It Crackers

**19** Blueberry Pancakes 🍃

~~~~~

Chicken Patty Sandwich
OR
Garlic French Bread Pizza 🍃

SIDE: Tater Tots

20 Berry Breakfast Scone 🍃
Danone Strawberry Smoothie 🍃

~~~~~

Cheese Quesadilla 🍃  
OR Sunbutter Sandwich Meal 🍃

SIDE: Cool Tropic Berry Berry Blue Slushie 🍃

This month students will enjoy tree-ripened **Castlebright Apricots** from Paul Ramirez's 5-acre farm in Porterville, CA

## Did you know...

1. California produces about 95% of all the apricots in the U.S.!
2. Apricots are a member of the rose family.
3. Refrigerating apricots will dramatically impair their ripening process. Leave them out at room temperature until they are ripe, then refrigerate them.
4. Apricot trees will generally produce fruit for 20-25 years!



monday

**23** Apple  
Cinnamon Oatmeal  
Round



Wild Mike's Pepperoni  
OR Cheese Pizza  
OR  
Sunbutter Sandwich  
Meal

tuesday

**24** Focaccia  
Cheese Wheel



Beef Cheeseburger  
Sliders  
OR  
Bean and Cheese  
Burrito  
with Green Chili

wednesday

**25** Pancake with  
Pork Sausage



Breaded Chicken  
Drumstick & Chick'n Dip  
Sauce  
OR Sunbutter Sandwich  
Meal  
SIDE: SunChips

thursday

**26** Banana  
Muffins



Miller's All Natural  
Beef Hot Dog  
OR  
Garlic French Bread  
Pizza  
SIDE: Potato Smiles

friday

**27** Eggo Emoji  
Waffles  
with Syrup



Steak & Cheese  
Tornado  
OR  
Sunbutter Sandwich  
Meal

**30**

holiday

**31** Cranberry  
Orange Farmer's  
Market Bar



Breaded Chicken  
Drumstick & Chick'n Dip  
Sauce  
OR Chef's Choice  
SIDE: SunChips

Items noted with are vegetarian.  
All 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.

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

*New this month!*



**These protein-rich, plant-based nuggets from  
Rebillyous Foods are 100% vegan with no  
cholesterol, antibiotics, or hormones!**



Nutrition Services  
916-395-5600

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



<https://thecentralkitchen.org>

CENTRAL  
KITCHEN