




















SEPTEMBER 2022

SACRAMENTO CITY USD MENU FOR K-8

Alternative Breakfast Option: Whole-Grain Cereal with sides

Alternative Lunch Option: Sunbutter Sandwich Meal with sides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Items marked with  are vegetarian. All meals include fat-free or low-fat milk or Lactaid.</p> <p>PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.</p>	<p>1</p> <p>Chicken Chili Crispito</p> <p>Beef Hot Dog on Whole Grain Bun Or Bean and Cheese Burrito </p>	<p>2</p> <p>Focaccia Cheese Wheel </p> <p>Breaded Chicken Drumstick Or Cheese Quesadilla </p>
<p>5</p> <p>HOLIDAY</p>	<p>6</p> <p>Eggoji Waffles with Syrup </p> <p>Chicken Corn Dog Or Grilled Cheese Sandwich </p>	<p>7</p> <p>Yogurt and Granola </p> <p>Chicken and Cheese Pupusa Or Cheese Quesadilla with Red Sauce </p>	<p>8</p> <p>Chicken Chili Crispito</p> <p>Chicken Sandwich Or Rebellyous Foods Chickenless Sandwich </p>	<p>9</p> <p>Focaccia Cheese Wheel </p> <p>Turkey and Beef Pepperoni Calzone Or Garlic French Bread Pizza </p>
<p>12</p> <p>Blueberry Pancakes with Syrup </p> <p>Cheeseburger Or Rebellyous Foods Chickenless Sandwich </p>	<p>13</p> <p>Egg and Cheese Breakfast Sandwich </p> <p>Beef Taco</p>	<p>14</p> <p>Focaccia Cheese Wheel </p> <p>Bean and Cheese Burrito </p> <p>Or Cheese Quesadilla with Red Sauce </p>	<p>15</p> <p>Chicken Chili Crispito</p> <p>Beef Hot Dog Or Rebellyous Foods Chickenless Sandwich </p>	<p>16</p> <p>Pancake Bites with Chicken Sausage</p> <p>Chicken Pasta Alfredo Or Garlic French Bread Pizza </p>

Welcome back, SCUSD students and families!

We are overjoyed to welcome our students for breakfast and lunch again starting September 1st. This school year every TK-12 public school in California will offer FREE breakfast and lunch to every student regardless of income qualification. We are thrilled to see California lead the way in recognizing the essential role of school meals as we emerge from the pandemic. Free, healthy school meals for all kids support our families and local famers as we continue to expand our Farm-to-School program this upcoming school year. Our salad bars will return to school cafeterias and students will enjoy a variety of local produce to choose from! Please remind your students they must take fruit and/or vegetable with each meal! Our Nutrition Services team is eager to provide our best service for every student.

*- Diana Flores
Executive Director, Nutrition Services*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Pancake with Pork Sausage Mandarin Orange Chicken Or Rebellyous Foods Chickenless Sandwich	20 Buttery Maple Waffle Beef Taco	21 Yogurt and Granola Chicken and Cheese Pupusa Or Cheese Quesadilla with Red Sauce	22 Chicken Chili Crispito Chicken Sandwich Or Rebellyous Foods Chickenless Sandwich	23 Pumpkin Spice Scone Turkey and Beef Pepperoni Calzone Or Garlic French Bread Pizza
26 Blueberry Pancakes with Syrup Beef and Pork Pepperoni Pizza Or Cheese Pizza	27 Egg and Cheese Breakfast Sandwich Chicken Corn Dog Or Grilled Cheese Sandwich	28 Italian Turkey Sausage Breakfast Square Bean and Cheese Burrito Or Cheese Quesadilla with Red Sauce	29 Chicken Chili Crispito Beef Hot Dog Or Rebellyous Foods Chickenless Sandwich	30 Pancake Bites with Chicken Sausage Chicken Pasta Alfredo Or Garlic French Bread Pizza

Self-serve salad bars will be offered again at all K-8 schools for lunch! Students can take as much fruit and vegetables as they'd like, but we will encourage them to eat what they take! We look forward to offering a variety of local produce to your students this year!



Nutrition Services
916-395-5600

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

**CENTRAL
KITCHEN**



Reminder!

If any student in your household attends one of the schools listed below, please submit a new meal application each school year.

- Alice Birney
- Caleb Greenwood
- Crocker Riverside
- Genevieve Didion
- Leonardo da Vinci
- Phoebe Hearst
- Sutterville
- Theodore Judah

While we have the benefit in California of Free Meals for All, applications may assist in qualifying for other quality-of-life benefits, from utility support to Pandemic EBT. Only one meal application per household is needed – be sure to include all students and household members on one meal application. Meal applications are available online at this QR code, or paper copies are available in each school site's front office.



Also, students at the above 8 schools will need to enter their student IDs during lunch service.

Parents – please work with your students to help them memorize their student ID, which is provided on class schedules, student portals, and/or from office managers. Student ID cards may also be issued at school sites to be used in the cafeterias.