

Yellow Watermelon

from



Have you ever seen or tasted a Yellow Watermelon?

This month we are featuring this iconic summer fruit but with a twist: it’s yellow instead of red or pink! This variety is known for a flavor that is reminiscent of honey.

These melons thrive in dry and hot weather; they are known as “desert kings” because they often grown where water is scarce. While reddish watermelons are high in lycopene—a plant antioxidant also found in tomatoes—yellow watermelons are high in beta-carotene, an antioxidant that adds a golden blush to cantaloupes, pumpkins and carrots.

We are pleased to expose all our students to this organic “exotic” fruit sourced from Fully Belly Farms in Guinda, California.

Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Lunch options: Variety of fresh fruits and vegetables and choice of fresh milk will be offered daily with all lunch entrées.		1 Whole Grain Crispito -or- Yogurt Bento Box	2 Breakfast Burrito -or- Whole Grain Muffin
			Cheeseburger on Whole Grain Bun with Potato Wedges -or- Pepperoni or Cheese Pizza	Spicy Chicken Sandwich on Whole Grain Bun with Potato Wedges -or- Pepperoni or Cheese Pizza
5 HOLIDAY	6 Whole Grain Crispito -or- Yogurt Bento Box Breaded Chicken Drumstick with Dinner Roll -or- Bean & Cheese Burrito	7 Pancake Pup -or- Yogurt Bento Box Hot Dog on Whole Grain Bun with Munchies -or- Spicy Chicken Wrap	8 Whole Grain Crispito -or- Yogurt Bento Box Cheeseburger on Whole Grain Bun with Potato Wedges -or- Bean & Cheese Burrito	9 Breakfast Burrito -or- Whole Grain Muffin Spicy Chicken Sandwich on Whole Grain Bun with Potato Wedges -or- Pepperoni or Cheese Pizza

All middle and high school students need to memorize their 9-digit student ID number in order to obtain meals. Student ID numbers can be found on class schedules, student portals or from your Office Manager. Student ID cards with bar codes on them may also be used with our school meal scanners.

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



<https://thecentralkitchen.org>



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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 our local farmers as we continue to expand our Farm-to-School program this upcoming school year.



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