

October 2022

Vegetarian 🌿

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancake with Pork Sausage Mandarin Orange Chicken or Garlic Cheese Toast 🌿	4 Buttery Maple Waffle 🌿 Beef Soft Taco or Meatless Soft Taco 🌿	5 Yogurt and Granola 🌿 Chicken and Cheese Pupusa or Cheese Quesadilla with Red Sauce 🌿	6 Chicken Chili Crispito Chicken Sandwich or Rebellyous Foods Chickenless Sandwich 🌿	7 Pumpkin Spice Scone 🌿 Turkey and Beef Pepperoni Calzone or Garlic Cheese Toast 🌿
10 Blueberry Pancakes 🌿 Beef & Pork Pepperoni Pizza or Cheese Pizza 🌿	11 Turkey Chorizo Bagel Beef Soft Taco or Meatless Soft Taco 🌿	12 Italian Turkey Sausage Breakfast Square Bean and Cheese Burrito 🌿 or Cheese Quesadilla with Red Sauce 🌿	13 Chicken Chili Crispito Beef Hot Dog or Rebellyous Foods Chickenless Sandwich 🌿	14 Pancake Bites w/ Chicken Sausage Pasta Alfredo with Chicken or Pasta Alfredo 🌿
17 Pancake with Pork Sausage Mandarin Orange Chicken or Garlic Cheese Toast 🌿	18 Buttery Maple Waffle 🌿 Beef Soft Taco or Meatless Soft Taco 🌿	19 Yogurt and Granola 🌿 Chicken and Cheese Pupusa or Cheese Quesadilla with Red Sauce 🌿	20 Chicken Chili Crispito Chicken Sandwich or Rebellyous Foods Chickenless Sandwich 🌿	21 Pumpkin Spice Scone 🌿 Turkey and Beef Pepperoni Calzone or Garlic Cheese Toast 🌿

FARM To School

Organic Apples

from
Mt. Moriah Farms

in Lodi

Since 1998, Steve and Robin Smit have worked hard to create a reputation of family and wholesome organic farming. Treating customers as friends, they have seen their business flourish, growing apples, peaches, pluots, grapes, cherries, nectarines and more. They have worked at the Davis Farmers Market for 20 years. Not stopping there, they have markets in both Northern and Southern California. They have sought to educate their customers and create an atmosphere of fun and family at their market booths.

All meals include fat-free or low-fat milk. PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.



October is a busy month for both our nation's farms and our nation's schools. Farm to School connects communities to our nation's farmers, boosts rural economies and improves

children's health. So this month, you too can take action in any of the following ways:

- Establish a relationship with your local farmers
- Support your local school garden by donating funds or volunteering time
- Attend your local farmers' market and buy local foods

Farm to School activities provide students with fun learning related to nutrition, agriculture, health, and food

in the classroom and in the community. These activities ignite excitement around food, and this holistic approach to learning enhances the chance for students, and even administrators, to adopt healthy eating and agricultural practices beyond the classroom.

Farm to school helps healthy habits take root early. Early childhood is the ideal time to establish a taste for healthy foods and a desire to try new things in order to encourage life-long, healthy habits.

Farm to school benefits everyone. By connecting various stakeholders through a community food system via purchasing, processing, distributing, and preparing foods for school meals, farm to school efforts strengthen economic and community ties. Farm to school also benefits a wide variety of local businesses and producers, including: farmers; ranchers; fishers; processors; distributors; value-added operations; and others.

Happy Farm to School Month!

CENTRAL
KITCHEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
Blueberry Pancakes	Turkey Chorizo Bagel	Italian Turkey Sausage Breakfast Square	Chicken Chili Crispito	Pancake Bites w/ Chicken Sausage
Beef & Pork Pepperoni Pizza or Cheese Pizza	Beef Soft Taco or Meatless Soft Taco	Bean and Cheese Burrito or Cheese Quesadilla with Red Sauce	Beef Hot Dog or Rebillyous Foods Chickenless Sandwich	Pasta Alfredo with Chicken or Pasta Alfredo



Nutrition Services
916-395-5600

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

Follow us on
 **Instagram**
@theCentralKitchenSAC