

November 2022

Vegetarian 🌱

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Buttery Maple Waffle 🌱 Beef Soft Taco or Deeply Rooted Plant-Based Soft Taco 🌱 	2 Yogurt and Granola 🌱 Chicken and Cheese Pupusa or Cheese Quesadilla with Red Sauce 🌱	3 Chicken Chili Crispito Chicken Sandwich or Rebellious Foods Chickenless Sandwich 🌱	4 Pumpkin Spice Scone 🌱 Turkey and Beef Pepperoni Calzone or Garlic Cheese Toast 🌱
7 Blueberry Pancakes 🌱 Beef and Pork Pepperoni Pizza or Cheese Pizza 🌱	8 Berry Scone 🌱 Beef Soft Taco or Deeply Rooted Plant-Based Soft Taco 🌱 	9 Italian Turkey Sausage Breakfast Square Bean and Cheese Burrito 🌱 or Cheese Quesadilla with Red Sauce 🌱	10 Chicken Chili Crispito Beef Hot Dog or Rebellious Foods Chickenless Sandwich 🌱	11 Holiday
14 Pancake with Pork Sausage Mandarin Orange Chicken or Cheese Quesadilla with Red Sauce 🌱	15 Buttery Maple Waffle 🌱 Beef Soft Taco or Deeply Rooted Plant-Based Soft Taco 🌱 	16 Yogurt and Granola 🌱 Chicken and Cheese Pupusa or Cheese Quesadilla with Red Sauce 🌱	17 Chicken Chili Crispito Chicken Sandwich or Rebellious Foods Chickenless Sandwich 🌱	18 Pumpkin Spice Scone 🌱 Popcorn Chicken with Mashed Potatoes & Gravy Roasted Squash 🌱

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.



Featured this month is Deeply Rooted Farms, a women-owned company that offers a variety of plant-based meal options. Look for their fiesta pea-protein as a vegetarian option on Taco Tuesdays!

www.eatdeeplyrooted.com



In partnership with Sacramento Food Bank and Family Services, Nutrition Services is hosting curbside distributions at select sites on November 21 from 9-10:30am. Grocery boxes and fresh produce will be distributed on a first-come, first-served basis and is open to the community for those in need! Information regarding specific site locations will be posted to our website www.thecentralkitchen.org in the coming weeks!

WE ARE HIRING

We are looking for compassionate team members who enjoy service to our students. We are on a mission to ensure every student regardless of income receives a freshly prepared meal while at school.

- Summers, all holidays, and spring, fall and winter breaks off.
- Most shifts are 10am-1pm Monday-Friday (3 hours per day).
- This is a substitute position but we also have contracted positions available.
- Work close to home – various school sites available.
- Great opportunity for advancement with CalPers Retirement Benefits and fully paid medical benefits for your entire family! :)
- Wages for Substitutes are \$ 15.66 per hour. No experience is necessary. Wages for contracted positions go up to \$ 18.70 per hour depending on foodservice experience.
- Perfect job for parents who want to be home when their kids are home from school.
- Retirees and college students welcome.
- Perfect second job for extra income.

Visit www.thecentralkitchen.org for more information about the Nutrition Services Department, or call 916-395-5600.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Holiday FREE Curbside Grocery and Produce distribution at select school sites from 9-10:30am. www.thecentralkitchen.org	22 Holiday	23 Holiday	24 Holiday	25 Holiday
28 Chicken Chili Crispito Chicken & Waffles or Rebelloys Foods Chickenless Nuggets and Waffles	29 Apple Cinnamon Round Beef Cheeseburger or Rebelloys Foods Chickenless Sandwich	30 Pumpkin Spice Scone Chicken and Cheese Pupusa or Bean and Cheese Burrito		

CENTRAL KITCHEN



Nutrition Services
916-395-5600

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