

Menu subject to
change without notice.

**Sacramento City Unified School District
Preschool Menu: 10/3/2022 - 10/7/2022**

Revised: 9/26/2022

	Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7
BREAKFAST	Whole Grain Cereal Canned Pineapple 1% Unflavored Milk	Buttery Maple Waffle (V) Sliced Apples Bites 1% Unflavored Milk	Yogurt w/ Granola Fresh Banana 1% Unflavored Milk	WG Crispito Sliced Apples Bites 1% Unflavored Milk	Pumpkin Spice Scone Strawberry Smoothie w/ Drinking Straw Fresh Kiwi 1% Unflavored Milk
LUNCH	Mandarin Orange Chicken WG Hawaiian Brown Rice Fresh Matchstick Carrots Sliced Apples Bites 1% Unflavored Milk	Beef Soft Taco Shredded Lettuce Refried Beans Fresh Pear 1% Unflavored Milk	Chicken & Cheese Pupusa Canned Corn Fresh Kiwi 1% Unflavored Milk	Chicken Patty (C) on Whole Grain Bun Chickn Dipn Sauce Green Beans Canned Mandarin Oranges 1% Unflavored Milk	Garlic Cheese Toast Salad Mix, 3 Way Blend Ranch Dressing Fresh Fruit: Chefs Choice 1% Unflavored Milk
SALAD BAR					
SNACK	WG Cheddar Chex Mix 1% Unflavored Milk	WG Strawberry Chex Mix Paradise Veg&Fruit Juice 4oz	Graham Crackers Fruit Punch Juice 4oz	Scooby-Doo Bones, Grahams Apple Juice 4oz	WG Strawberry Chex Mix 1% Unflavored Milk
<p>Menu Key P = Contains pork B = Contains beef C = Contains chicken or turkey N = Contains nuts</p>			<p>D = Contains dairy V = Vegetarian food item S = Fish or seafood</p>		<p>The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status (not all prohibited bases apply to all programs). Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten, 14th & Independence Ave. SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</p>

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**Sacramento City Unified School District
Preschool Menu: 10/10/2022 - 10/14/2022**

	Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
BREAKFAST	WG Blueberry Pancakes Canned Pineapple 1% Unflavored Milk	WG Cereal Sliced Apples Bites 1% Unflavored Milk	WG ItalianTrkySausageSquare(C) Fresh Banana 1% Unflavored Milk	WG Crispito Sliced Apples Bites 1% Unflavored Milk	Cowgirl Muffin Fresh Kiwi Strawberry Smoothie w/ Drinking Straw 1% Unflavored Milk
LUNCH	WG Cheese Pizza Green Beans Fresh Fruit: Chefs Choice 1% Unflavored Milk	Beef Soft Taco Canned Corn Fresh Pear 1% Unflavored Milk	Quesadilla w/ Red Sauce Refried Beans Fresh Kiwi 1% Unflavored Milk	Kickin Patty Sandwich on a Whole Grain Bun Chickn Dipn Sauce Fresh Matchstick Carrots Fresh Pear 1% Unflavored Milk	Alfredo Pasta w/ Chicken Chopped Romaine Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk
SALAD BAR					
SNACK	WG NatureValley Cinnamon Crisp 1% Unflavored Milk	Bug Bite Crackers Paradise Veg&Fruit Juice 4oz	Whole Grain Cheez-It Crackers Applesauce Cups	Lemon Blueberry Crisp Apple Juice 4oz	WG Honey Bunny Grahams 1% Unflavored Milk
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**Sacramento City Unified School District
Preschool Menu: 10/17/2022 - 10/21/2022**

	Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21
BREAKFAST	Whole Grain Cereal Canned Pineapple 1% Unflavored Milk	Buttery Maple Waffle (V) Sliced Apples Bites 1% Unflavored Milk	Yogurt w/ Granola Fresh Banana 1% Unflavored Milk	WG Crispito Sliced Apples Bites 1% Unflavored Milk	Pumpkin Spice Scone Strawberry Smoothie w/ Drinking Straw Fresh Kiwi 1% Unflavored Milk
LUNCH	Mandarin Orange Chicken WG Hawaiian Brown Rice Fresh Matchstick Carrots Sliced Apples Bites 1% Unflavored Milk	Beef Soft Taco Shredded Lettuce Refried Beans Fresh Pear 1% Unflavored Milk	Chicken & Cheese Pupusa Canned Corn Fresh Kiwi 1% Unflavored Milk	Chicken Patty (C) on Whole Grain Bun Chickn Dipn Sauce Green Beans Canned Mandarin Oranges 1% Unflavored Milk	Garlic Cheese Toast Salad Mix, 3 Way Blend Ranch Dressing Fresh Fruit: Chefs Choice 1% Unflavored Milk
SALAD BAR					
SNACK	WG Cheddar Chex Mix 1% Unflavored Milk	WG Strawberry Chex Mix Paradise Veg&Fruit Juice 4oz	Graham Crackers Fruit Punch Juice 4oz	Scooby-Doo Bones, Grahams Apple Juice 4oz	WG Strawberry Chex Mix 1% Unflavored Milk
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