

FEATURED MENU ITEM:

# Chicken Tortilla Soup



Warm up this winter with a bowl of freshly made Chicken Tortilla Soup crafted in our Central Kitchen. Prepared with tomatoes, fire roasted corn, black beans, grilled chicken and traditional Mexican spices, this is sure to be a student favorite on our menu.

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

All meals include fat-free or low-fat milk.  
Now featuring Organic Soy Milk upon request.

Vegetarian

## Breakfast Options

### MONDAY

- Breakfast Pizza
- Fresh Baked WG Muffin
- Yogurt Bento Box
- Whole Grain Cereal

### TUESDAY

- Breakfast Bowl
- Bagel & Cream Cheese
- Yogurt Bento Box
- Whole Grain Cereal

### WEDNESDAY

- Whole Grain Crispito w/Fresh Roasted Salsa
- Fresh Baked WG Muffin
- Yogurt Bento Box
- Whole Grain Cereal

### THURSDAY

- Breakfast Sandwich
- Bagel & Cream Cheese
- Yogurt Bento Box
- Whole Grain Cereal

### FRIDAY

- Whole Grain Crispito w/Fresh Roasted Salsa
- Fresh Baked WG Muffin
- Yogurt Bento Box
- Whole Grain Cereal

## Lunch Options

### MONDAY

- Popcorn Chicken Bowl
- Bean & Cheese Burrito
- Spicy Chicken Wrap
- Comp 5 High Schools:  
Chicken Caesar Entrée Salad w/Savory Wheat Cracker

### TUESDAY

- Chicken Pasta Alfredo w/Side Caesar Salad
- Cheeseburger with Tater Tots
- Fresh Turkey Sandwich
- Comp 5 High Schools:  
Southwest Entrée Salad w/Savory Wheat Cracker

### WEDNESDAY

- Orange Chicken Bowl
- Veggie French Bread Pizza
- Spicy Chicken Wrap
- Comp 5 High Schools:  
Chicken Caesar Entrée Salad w/Savory Wheat Cracker

### THURSDAY

- Spicy Chicken Sandwich on Whole Grain Bun w/Tater Tots & Chick'n Dipn Sauce
- Bean & Cheese Burrito
- Fresh Turkey Sandwich
- Comp 5 High Schools:  
Southwest Entrée Salad w/Savory Wheat Cracker

### FRIDAY

- Pepperoni or Cheese Pizza
- w/Side Caesar Salad
- BBQ Chicken Sandwich w/Tater Tots
- Spicy Chicken Wrap
- Comp 5 High Schools:  
Chicken Caesar Entrée Salad w/Savory Wheat Cracker

## Certified Organic Hidden Rose Apples®

This unique apple variety can only be found in Airlie, Oregon, at Thomas Paine Farms.

The color and sweetness of these hard-to-grow apples are enhanced by the mild climate of the Pacific Northwest, with its warm days and cool nights.

Tart and mildly sweet, Hidden Rose Apples® have a distinctive flavor with hints of strawberry lemonade. It has a pale yellow skin covered in a faint red blush and speckled with white freckles. The vibrant pink flesh is both crisp and juicy.

This featured apple has been a staple on our December menus for 4 years now. We believe every student should experience this unique and rare fruit.



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@theCentralKitchenSAC



<https://thecentralkitchen.org>



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



Certified Organic  
**Hidden Rose Apples®**