

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.

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

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

Vegetarian

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.

CENTRAL
KITCHEN



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<https://thecentralkitchen.org>



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



Certified Organic
Hidden Rose Apples®

Photo courtesy of Vy Tran, beyondsweetandsavory.com