
















# December 2022

Vegetarian 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Scrambled Eggs with Tater Tots Chicken Chili Crispito or Cheese Quesadilla with Red Sauce 	<b>2</b> Jimmy Dean Pork Breakfast Bites with Syrup Beef & Pork Pepperoni Pizza or Cheese Pizza 
<b>5</b> Chicken Chili Crispito with Salsa Popcorn Chicken or Chickenless Nuggets  Multigrain SunChips 	<b>6</b> Blueberry Pancakes with Syrup  Chicken Patty on Whole Grain Bun or Chickenless Patty on Whole Grain Bun  Tater Tots 	<b>7</b> Blueberry Bagel with Cream Cheese  Turkey & Beef Pepperoni Stuffed Sandwich or Bean and Cheese Burrito 	<b>8</b> Cheese Quesadilla  Freshly Prepared Beef Soft Taco or Mexican Meatless Soft Taco  Refried Beans 	<b>9</b> Breakfast Egg & Cheese Sandwich  Beef Hot Dog on Whole Grain Bun or Garlic Cheese Toast 

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.



## Breakfast Options

Listed entrée or General Mills whole-grain cereal with sides.

## Lunch Options

Listed entrée or Sunbutter Sandwich Meal with sides.

With

Fat-free or low-fat milk or Lactaid.

**Now featuring Organic Soy Milk upon request.**



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



# WE'RE HIRING

## Food Service Assistants

- Three hour shifts
- Flexible schedule
- No experience necessary
- Advancement opportunities

**Call to set up an appointment!**




**Make an appointment today!**  
**Call 916-395-5600**

SCUSD Nutrition Services Dept.  
has partnered with the  
Sacramento Food Bank & Family  
Services and local farmers to  
distribute produce and pantry  
food boxes at five local schools  
during Winter Break:

Wednesday,  
December 28, 2022  
and  
Wednesday,  
January 4, 2023  
9am-10:30am

Bowling Green Elementary School  
Pacific Elementary School  
John Still Middle School  
Sequoia Elementary School  
Will C Wood Middle School

For more information visit  
[www.thecentralkitchen.org](http://www.thecentralkitchen.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b> Chicken Chili Crispito w/Salsa  <b>Chicken &amp; Waffles w/Syrup or Meatless Chicken Nuggets &amp; Waffles w/Syrup</b>	<b>13</b> Eggoji Waffles with Syrup  <b>Beef Cheeseburger or Chickenless Patty on Whole Grain Bun Tater Tots</b>	<b>14</b> Wild Blueberry Muffin Square  <b>Hawaiian Beef Teriyaki Dunkers or Bean &amp; Cheese Burrito Hawaiian Brown Rice</b>	<b>15</b> Scrambled Eggs with Tater Tots  <b>Chicken Chili Crispito or Cheese Quesadilla with Red Sauce</b>	<b>16</b> Jimmy Dean Pork Breakfast Bites with Syrup  <b>Beef &amp; Pork Pepperoni Pizza or Cheese Pizza</b>
<b>19</b> Chicken Chili Crispito with Salsa  <b>Popcorn Chicken or Chickenless Nuggets Multigrain SunChips</b>	<b>20</b> Blueberry Pancakes with Syrup  <b>Chicken Patty on Whole Grain Bun or Chickenless Patty on Whole Grain Bun Tater Tots</b>	<b>21</b> Blueberry Bagel w/Cream Cheese  <i>Winter Feast</i> <i>Bean &amp; Cheese Tamale</i> <i>Chicken Tortilla Soup (Central Kitchen)</i> <i>Tri Color Chips</i>	<b>22</b> Cheese Quesadilla  <b>Shredded Pork Soft Taco or Mexican Meatless Soft Taco Refried Beans</b>	<b>23</b> Breakfast Egg & Cheese Sandwich  <b>Beef Hot Dog on Whole Grain Bun or Garlic Cheese Toast</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>WINTER BREAK</b>				

### 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.



<https://thecentralkitchen.org>



Nutrition Services  
916-395-5600

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