

FEATURED MENU ITEM:

BBQ Chicken Sandwich



Our BBQ Chicken Sandwich, freshly prepared in the Central Kitchen, features grilled chicken, cheddar cheese and local Kinder's BBQ sauce on a warm ciabatta roll.

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 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|-----------------------------|--------------------------------|---------------------------------|--------------------------------|
| Turkey Sausage Breakfast Pizza | Egg & Potato Breakfast Bowl | Chicken Chili Crispito | Egg & Cheese Breakfast Sandwich | Chicken Chili Crispito |
| Fresh Baked Whole Grain Muffin | Bagel and Cream Cheese | Fresh Baked Whole Grain Muffin | Bagel and Cream Cheese | Fresh Baked Whole Grain Muffin |
| Yogurt Bento Box | Yogurt Bento Box | Yogurt Bento Box | Yogurt Bento Box | Yogurt Bento Box |
| Whole Grain Cereal | Whole Grain Cereal | Whole Grain Cereal | Whole Grain Cereal | Whole Grain Cereal |

Lunch Options

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--------------------------------------|---|--------------------------------------|---|
| Popcorn Chicken Bowl | Chicken Alfredo Pasta | Orange Chicken Bowl | Spicy Chicken Sandwich | Beef & Pork Pepperoni Pizza or Cheese Pizza |
| Bean & Cheese Burrito | Beef Cheeseburger | Veggie French Bread Pizza | Bean & Cheese Burrito | BBQ Chicken Sandwich |
| Spicy Chicken Wrap | Fresh Turkey Sandwich | Spicy Chicken Wrap | Fresh Turkey Sandwich | Spicy Chicken Wrap |
| Comp 5 High Schools: Chicken Caesar Salad | Comp 5 High Schools: Southwest Salad | Comp 5 High Schools: Chicken Caesar Salad | Comp 5 High Schools: Southwest Salad | Comp 5 High Schools: Chicken Caesar Salad |

Mandarins, a Healthy Treat

This month we offer our students Highland Orchard's locally grown and handpicked mandarins. Our Farm to School program started in 2010 with locally grown mandarins from Miller's Citrus Grove (farmer Curt Miller) and today we source from over 40 local growers throughout the growing seasons.

In addition to being a delightful eating experience, the mandarin is loaded with health benefits. It is not only full of minerals and vitamins but it also contains a natural decongestant called synephrine. Research done by USDA scientists has proven that the Placer County Mandarins contain a high degree of synephrine, which is found in the decongestants one buys over the counter.



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<https://thecentralkitchen.org>



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

Farm to School
Mandarins
from
Highland Orchard
in Penryn, CA

