

MONDAY

9

Chicken Chili Crispito
with Salsa

Chicken & Waffles w/Syrup
OR
Meatless Chicken Nuggets &
Waffles w/Syrup

TUESDAY

10

Eggoji Waffles w/Syrup

Hawaiian Teriyaki Dunkers
OR
Bean & Cheese Burrito
Side: Hawaiian
Brown Rice

WEDNESDAY

11

Wild Blueberry
Muffin Square

Beef Cheeseburger
OR Chickenless Patty on
Whole Grain Bun
Side: Tater Tots

THURSDAY

12

Scrambled Eggs with
Tater Tots

Chicken Chili Crispito
OR Cheese Quesadilla with
Red Sauce
Side: Refried Beans

FRIDAY

13

Jimmy Dean Pork
Breakfast Bites w/Syrup

Beef and Pork
Pepperoni Pizza
OR
Cheese Pizza

16

HOLIDAY

17

Blueberry Pancakes
w/Syrup

Beef Hot Dog
OR Chickenless Patty on
Whole Grain Bun
Side: Tater Tots

18

Blueberry Bagel
with Cream Cheese

Turkey & Beef Pepperoni
Stuffed Sandwich
OR
Bean & Cheese Burrito

19

Scrambled Eggs with
Turkey Sausage Patty

Shredded Pork Soft Taco
OR Cheese Quesadilla with
Red Sauce
Side: Refried Beans

20

Breakfast Egg & Cheese
Sandwich

Chicken Corn Dog
OR
French Bread
Cheese Pizza

With

Fat-free or low-fat milk.
Now featuring Organic Soy Milk upon request.

Breakfast Options

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

Lunch Options

Listed entrée or Sunbutter Sandwich Meal
with sides.

Vegetarian

Farm to School

Mandarins
from

Highland Orchard
in Penryn, CA

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



<https://thecentralkitchen.org>

January
2023

MONDAY

23

Chicken Chili Crispito with Salsa

Chicken & Waffles w/Syrup OR Meatless Chicken Nuggets & Waffles w/Syrup

30

Chicken Chili Crispito with Salsa

Popcorn Chicken OR Chickenless Nuggets Side: BBQ Sauce Cup Side: Sun Chips

TUESDAY

24

Maple Chip Pancakes w/Syrup

Beef Cheeseburger OR Chickenless Patty on Whole Grain Bun Side: Tater Tots

31

Maple Chip Pancakes w/Syrup

BBQ Pulled Pork Sandwich OR Chickenless Patty on Whole Grain Bun Side: Tater Tots

WEDNESDAY

25

Wild Blueberry Muffin Square

Hawaiian Teriyaki Dunkers OR Bean & Cheese Burrito Side: Hawaiian Brown Rice

THURSDAY

26

Scrambled Eggs with Tater Tots

Chicken Chili Crispito OR Cheese Quesadilla with Red Sauce Side: Refried Beans

FRIDAY

27

Jimmy Dean Pork Breakfast Bites w/Syrup

Beef and Pork Pepperoni Pizza OR Cheese Pizza



Highland Orchard is a mandarin orchard located in the unique and picturesque community of Penryn, California in Placer County.

Penryn lends itself to the production of the mandarins because of its climate which has the proper amount of warm to hot days and the wonderfully cool nights in addition to the availability of the Sierra Mountains snow melt which is soft, sweet water.

Highland Orchard grows the Owari Satsuma Mandarin. The season for the Owari goes from Mid-November to Mid-January. This mandarin is seedless and has the "easy peel" skin in addition to being deliciously sweet.

The Placer County mandarin is known nationally for its flavor and health benefits. We hear from people across the nation who want to buy this fruit.

Mandarins, a Healthy Treat

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.

WE'RE HIRING Food Service Assistants. Three hour shifts, Flexible schedule, No experience necessary, Advancement opportunities. 916-395-5600. Call to set up an appointment! CENTRAL KITCHEN logo.



Follow us on Instagram! @theCentralKitchenSAC



Nutrition Services 916-395-5600. This institution is an equal opportunity employer and provider. Menus subject to change.

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