

March 2023



Vegetarian

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

WEDNESDAY

1

Jimmy Dean Chicken Breakfast Bites with Syrup Cup

☆

Chicken Alfredo Pasta
OR
Bean & Cheese Burrito

SIDE: Garlic Bread Stick

THURSDAY

2

Scrambled Eggs with Turkey Sausage Patty

☆

Chicken Soft Taco
OR
Cheese Quesadilla with Red Sauce

SIDE: Refried Beans

FRIDAY

3

Breakfast Egg & Cheese Sandwich

☆

Chicken Corn Dog
OR
French Bread Cheese Pizza

MONDAY

6

Chicken Chili Crispito with Salsa

☆

Chicken & Waffles with Syrup Cup

OR

Rebellous Chickenless Kickin' Nuggets & Waffles with Syrup Cup

TUESDAY

7

Eggoji Waffles with Syrup Cup

☆

Beef Cheeseburger

OR

Rebellous Chickenless Kickin' Patty

SIDE: Tater Tots & Ketchup Cup

8

Wild Blueberry Muffin Square

☆

Popcorn Chicken Smackers

OR

Bean & Cheese Burrito

9

Scrambled Eggs with Tater Tots

☆

Chicken Chili Crisпитos

OR

Cheese Quesadilla with Red Sauce

SIDE: Refried Beans

10

Jimmy Dean Pork Breakfast Bites with Syrup Cup

☆

Beef & Pork Pepperoni Pizza

OR

Cheese Pizza

13

Chicken Chili Crispito with Salsa

☆

Popcorn Chicken

OR

Rebellous Chickenless Kickin' Nuggets

SIDES: BBQ Sauce Cup, SunChips

14

Maple Chip Pancakes with Syrup Cup

☆

BBQ Pulled Pork Sandwich

OR

Rebellous Chickenless Kickin' Patty

SIDE: Tater Tots & Ketchup Cup

15

Blueberry Bagel with Cream Cheese

☆

Bean & Cheese Burrito

OR

Bean & Cheese Tamale

16

Scrambled Eggs with Turkey Sausage Patty

☆

Chicken Soft Taco

OR

Cheese Quesadilla with Red Sauce

SIDE: Refried Beans

17

Breakfast Egg & Cheese Sandwich

☆

Chicken Corn Dog

OR

French Bread Cheese Pizza

New this month

Broccoli Salad



Fresh broccoli tossed with cranberries, crunchy sunflower seeds, and a poppy seed dressing make this a sweet broccoli salad to give our students a fresh green veggie option to try this March.

Freshly prepared in
the Central Kitchen

BREAKFAST OPTIONS

Listed Entrée or General Mills Whole-Grain Cereal with sides.

LUNCH OPTIONS

Listed Entrée or Sunbutter Sandwich meal with sides.

ALL MEALS INCLUDE

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



WE'RE HIRING!
916-395-5600

MONDAY

20

Chicken Chili Crispito with Salsa

☆

Chicken & Waffles with Syrup Cup

OR

Rebelloyous Chickenless Kickin' Nuggets & Waffles with Syrup Cup

TUESDAY

21

Eggaji Waffles with Syrup Cup

☆

Beef Cheeseburger

OR

Rebelloyous Chickenless Kickin' Patty

SIDE: Tater Tots & Ketchup Cup

WEDNESDAY

22

Wild Blueberry Muffin Square

☆

Mandarin Orange Chicken

OR

Cheese Pocket

SIDE: Hawaiian Brown Rice

THURSDAY

23

Scrambled Eggs with Tater Tots

☆

Chicken Chili Crisptos

OR

Cheese Quesadilla with Red Sauce

SIDE: Refried Beans

FRIDAY

24

Jimmy Dean Pork Breakfast Bites with Syrup Cup

☆

Beef & Pork Pepperoni Pizza

OR

Cheese Pizza

27

Chicken Chili Crispito with Salsa

☆

Popcorn Chicken

OR

Rebelloyous Chickenless Kickin' Nuggets

SIDES: BBQ Sauce Cup, SunChips

28

Maple Chip Pancakes with Syrup Cup

☆

BBQ Pulled Pork Sandwich

OR

Rebelloyous Chickenless Kickin' Patty

SIDE: Tater Tots & Ketchup Cup

29

Blueberry Bagel with Cream Cheese

☆

Chicken Corn Dog

OR

Cheese Pocket

30

Scrambled Eggs with Turkey Sausage Patty

☆

Chicken Soft Taco

OR

Cheese Quesadilla with Red Sauce

SIDE: Refried Beans

31

Breakfast Egg & Cheese Sandwich

☆

Breaded Chicken Drumstick

OR

Macaroni & Cheese

SIDES: Roasted Carrots, Cinnamon Spring Crackers



Nutrition Services
916-395-5600

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



The Nutrition Services Department is on a mission to ensure every student, regardless of income, receives a freshly prepared meal while at school. We are hard at work improving one entrée at a time with a laser focus on our mission and the vision. We are excited to announce in March our Central Kitchen mobile food truck launch during National School Breakfast Week March 6th. The truck will visit middle schools 4 days per week serving a freshly prepared breakfast at no cost.

National School Breakfast week is a great opportunity to share the benefits of eating a healthy breakfast before school. Studies show a balanced breakfast improves student memory, alertness, and concentration and decreases behavioral and psychological problems with lower rates of absenteeism and tardiness.