

FEATURED MENU ITEM:

# Beef Enchilada



**Fresh, locally made corn tortillas layered with cheddar cheese, seasoned ground beef and our own Central Kitchen's savory enchilada sauce.**

**Fresh cilantro from local farm stand Spork Food Hub is used in the enchilada sauce and also sprinkled over the top to finish the dish.**

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

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

Vegetarian 🌱

### MONDAY

Chicken Chili Crispito with Molcajete Salsa  
 Fresh Baked Whole Grain Muffin 🌱  
**NEW!** Yogurt & Berry Parfait 🌱  
 Whole Grain Cereal 🌱

### TUESDAY

Egg & Potato Breakfast Bowl  
**NEW!** Whole Grain Cinnamon Roll with Warm Fruit Topping 🌱  
**NEW!** Granola & Apple Bake with Yogurt 🌱  
 Whole Grain Cereal 🌱

### WEDNESDAY

Chicken Chili Crispito with Molcajete Salsa  
 Fresh Baked Whole Grain Muffin 🌱  
**NEW!** Yogurt & Berry Parfait 🌱  
 Whole Grain Cereal 🌱

### THURSDAY

Turkey Sausage, Egg & Cheese Breakfast Sandwich  
**NEW!** Whole Grain Cinnamon Roll w/Warm Fruit Topping 🌱  
**NEW!** Granola & Apple Bake with Yogurt 🌱  
 Whole Grain Cereal 🌱

### FRIDAY

Chicken Chili Crispito with Molcajete Salsa  
 Fresh Baked Whole Grain Muffin 🌱  
**NEW!** Yogurt & Berry Parfait 🌱  
 Whole Grain Cereal 🌱

## Lunch Options

🌱 Vegetarian plant-based option available

### MONDAY

**NEW!** Teriyaki Chicken Rice Bowl with Sriracha  
 Chicken Corn Dog Meal with Tater Tots  
 Spicy Chicken Wrap 🌱  
 Comp 5 High Schools:  
**NEW!** Gourmet Chicken Caesar Salad 🌱

### TUESDAY

Chicken Alfredo Pasta Meal w/Caesar Side Salad  
**NEW!** Chicken Chili Flautas Meal  
**NEW!** Orange Chicken Salad 🌱  
 Comp 5 High Schools:  
 Turkey Sandwich with SunChips

### WEDNESDAY

Beef & Pork Pepperoni Pizza w/Caesar Side Salad  
 Cheese Pizza with Caesar Side Salad 🌱  
**NEW!** Pasta with Beef Marinara  
 Comp 5 High Schools:  
**NEW!** Gourmet Chicken Caesar Salad 🌱

### THURSDAY

Beef Cheeseburger Meal with Potato Wedges 🌱  
**NEW!** Beef Enchilada Casserole Meal  
**NEW!** Gourmet Chicken Caesar Salad 🌱  
 Comp 5 High Schools:  
 Turkey Sandwich with SunChips

### FRIDAY

**NEW!** Homestyle Chicken Strips Meal w/Mac & Cheese 🌱  
**NEW!** Chicken Burrito with Central Kitchen prepared Red Sauce  
 Spicy Chicken Wrap 🌱  
 Comp 5 High Schools:  
**NEW!** Gourmet Chicken Caesar Salad 🌱



Since the launch on March 6th the **Central Kitchen Food Truck** has increased breakfast participation at our middle schools by 207%! Leading the way is Sutter Middle School with a 345% increase followed by Fern Bacon Middle School with a 305% increase. We are pleased our students are starting their school day with a healthy, freshly prepared meal.

The **Texas Toast Grilled Egg & Cheese Sandwich** and the **Fruit Compote Parfait with Homemade Granola** are the student favorites. We also have a dairy-free breakfast sandwich available or cereal with organic Soy milk.

Studies show the benefits of eating a healthy breakfast include improved student memory, alertness, and concentration, and decreased behavioral and physiological problems, with lower rates of absenteeism and tardiness.

You can find the full Central Kitchen Food truck schedule at [www.thecentralkitchen.org](http://www.thecentralkitchen.org)



**WE'RE HIRING!**  
**916-395-5600**

# CENTRAL KITCHEN



<https://thecentralkitchen.org>



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Nutrition Services  
 916-395-5600  
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