

May 2023

SCHOOL LUNCH HERO DAY

May 5, 2023



May 5 is national School Lunch Hero Day! Scan the QR code and leave a note of appreciation for your school lunch hero! We will share your thoughtful responses with our superhero nutrition services staff members!



Vegetarian Items:

All meals include

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

Breakfast Options

Listed entrée or General Mills Whole Grain Cereal with sides.


Lunch Options

Listed entrée or a Sunbutter Sandwich meal with sides.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <i>Breakfast:</i> Jimmy Dean Chicken Breakfast Bites with Syrup Cup</p> <p><i>Lunch:</i> Chicken & Cheese Pupusa -OR- Cheese Quesadilla with Red Sauce </p>	<p>2 <i>Breakfast:</i> Buttery Maple Waffle with Syrup Cup </p> <p><i>Lunch:</i> Chicken Sandwich -OR- Rebellyous Foods Chickenless Sandwich Tater Tots </p>	<p>3 <i>Breakfast:</i> Scrambled Eggs with Turkey Sausage Patty</p> <p><i>Lunch:</i> Teriyaki Chicken -OR- Cheese Pizza Hawaiian Brown Rice </p>	<p>4 <i>Breakfast:</i> Chicken Chili Crispito with Salsa</p> <p><i>Lunch:</i> Beef Soft Taco -OR- Bean Taco Tostitos Chips </p>	<p>5 <i>Breakfast:</i> Maple Chip Pancakes with Syrup Cup </p> <p><i>Lunch:</i> Mac & Cheese -OR- Garlic Cheese Toast Cool Tropics Berry Blast Juice</p>
<p>8 <i>Breakfast:</i> Blueberry Pancakes with Syrup Cup </p> <p><i>Lunch:</i> Bean & Cheese Burrito -OR- Cheese Quesadilla with Red Sauce </p>	<p>9 <i>Breakfast:</i> Turkey Chorizo Bagel</p> <p><i>Lunch:</i> Beef Hot Dog -OR- Rebellyous Foods Chickenless Sandwich Tater Tots </p>	<p>10 <i>Breakfast:</i> Eggo Waffle with Syrup Cup </p> <p><i>Lunch:</i> Beef & Pork Pepperoni Pizza -OR- Cheese Pizza </p>	<p>11 <i>Breakfast:</i> Chicken Chili Crispito with Salsa</p> <p><i>Lunch:</i> Housemade Chicken Quesadilla -OR- Bean Taco Tostitos Chips </p>	<p>12 <i>Breakfast:</i> French Toast Sticks with Syrup Cup </p> <p><i>Lunch:</i> Pasta with Beef Marinara Sauce -OR- Rebellyous Foods Chickenless Sandwich Garlic Breadstick </p>
<p>15 <i>Breakfast:</i> Jimmy Dean Chicken Breakfast Bites with Syrup Cup</p> <p><i>Lunch:</i> Chicken & Cheese Pupusa -OR- Cheese Quesadilla with Red Sauce </p>	<p>16 <i>Breakfast:</i> Buttery Maple Waffle with Syrup Cup </p> <p><i>Lunch:</i> Chicken Sandwich -OR- Rebellyous Foods Chickenless Sandwich Tater Tots </p>	<p>17 <i>Breakfast:</i> Yogurt & Granola </p> <p><i>Lunch:</i> Teriyaki Chicken -OR- Cheese Pizza Hawaiian Brown Rice </p>	<p>18 <i>Breakfast:</i> Chicken Chili Crispito with Salsa</p> <p><i>Lunch:</i> Beef Soft Taco -OR- Bean Taco Tostitos Chips </p>	<p>19 <i>Breakfast:</i> Mini Blueberry Waffles with Syrup Cup </p> <p><i>Lunch:</i> Mac & Cheese -OR- Garlic Cheese Toast Cool Tropics Berry Blast Juice</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p><i>Breakfast:</i> Blueberry Pancakes with Syrup Cup 🌿</p> <p><i>Lunch:</i> Bean & Cheese Burrito -OR- Cheese Quesadilla with Red Sauce 🌿</p>	<p>23</p> <p><i>Breakfast:</i> Turkey Chorizo Bagel</p> <p><i>Lunch:</i> Beef Hot Dog -OR- Rebellious Foods Chickenless Sandwich 🌿 Tater Tots 🌿</p>	<p>24</p> <p><i>Breakfast:</i> Eggo Waffle with Syrup Cup 🌿</p> <p><i>Lunch:</i> Beef & Pork Pepperoni Pizza -OR- Cheese Pizza 🌿</p>	<p>25</p> <p><i>Breakfast:</i> Chicken Chili Crispito with Salsa</p> <p><i>Lunch:</i> Housemade Chicken Quesadilla -OR- Bean Taco 🌿 Tostitos Chips 🌿</p>	<p>26</p> <p><i>Breakfast:</i> French Toast Sticks with Syrup Cup 🌿</p> <p><i>Lunch:</i> Pasta with Beef Marinara Sauce -OR- Rebellious Foods Chickenless Sandwich 🌿 Garlic Breadstick 🌿</p>
<p>29</p> <p><i>Holiday</i></p>	<p>30</p> <p><i>Breakfast:</i> Buttery Maple Waffle with Syrup Cup 🌿</p> <p><i>Lunch:</i> Chicken Sandwich -OR- Chef's Choice Tater Tots 🌿</p>	<p>31</p> <p><i>Breakfast:</i> Whole Grain Cereal</p> <p><i>Lunch:</i> Cheese Quesadilla with Red Sauce 🌿 -OR- Chef's Choice</p>		 <p>Follow us on Instagram! @theCentralKitchenSAC</p>

Do you know about SCUSD's District Wellness Policy?

A Wellness Policy is an important tool for parents and districts in promoting student wellness, preventing and reducing childhood obesity. It contains goals specifically for nutrition promotion and education, physical activity, and other activities that promote student wellness.

The district wellness policy addresses things like healthy celebrations, fundraising guidelines, and foods sold and served to students on campus. The policy specifically prohibits items like candy, cupcakes and other treats to be offered to students for celebrations.

Awesome Celebration Ideas:

- Games, such as relays
- Hold class outdoors
- "Free choice" time
- Stickers/pencils
- Balloons/bubbles
- Art supplies/projects
- Read a story
- Movie day

Healthy snack options:

- Fresh fruit★
- Smoothies
- Frozen bananas with shredded coconut★
- Vegetables with a variety of healthy dips (hummus, guacamole, salad dressing)

As we near the end of the school year and classroom celebrations, keep the district's Student Wellness Policy requirements in mind, and have either non-food celebrations or offer healthy non-allergenic food.

In the box to the left are some AWESOME and healthy ideas!

Hap-Pea Celebrating!

To learn more about the district wellness policy, visit <https://www.scusd.edu/district-wellness-committee>



Nutrition Services
916-395-5600

This institution is an equal opportunity provider.