

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

# Breakfast Options

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| Chicken Chili Crisпитos with Molcajete Salsa   | Whole Grain Cinnamon Roll with Warm Fruit Topping  | Fresh Baked Whole Grain Muffin  | Chicken Chili Crisпитos with Molcajete Salsa   | Pancake with Pork Sausage  |
| OR   | OR Chef's Choice  | OR  | OR   | OR   |
| Chef's Choice  |   | Chef's Choice   | Chef's Choice  | Chef's Choice  |
| OR   | OR  | OR  | OR   | OR   |
| Whole Grain Cereal  | Whole Grain Cereal                                 | Whole Grain Cereal             | Whole Grain Cereal  | Whole Grain Cereal  |

# Lunch Options

| MONDAY                       | TUESDAY                    | WEDNESDAY   | THURSDAY   | FRIDAY                          |
|------------------------------|----------------------------|---|--|---------------------------------|
| Hot Dog on a Whole Grain Bun | Chicken Chili Flautas Meal | Breaded Chicken Drumstick with Cornbread and Coleslaw | Pepperoni or Cheese Pizza with Side Caesar Salad | Cheeseburger with Potato Wedges |
| OR                           | OR                         | OR  | OR   | OR                              |
| Chef's Choice                | Chef's Choice              | Chef's Choice   | Chef's Choice                                    | Chef's Choice                   |

# FREE SUMMER MEALS

offered throughout the summer at various school sites. Visit [www.thecentralkitchen.org/summer](http://www.thecentralkitchen.org/summer) for details!



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



<https://thecentralkitchen.org>



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Nutrition Services  
916-395-5600  
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PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.