FEATURED MENU ITEM: **Boneless BBQ Beef Short Ribs**



On Thursday, September 21 we're featuring boneless BBQ beef short ribs prepared with organic grass-fed beef from SunFed Ranch.

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

MONDAY Turkey Sausage Breakfast Pizza Fresh Baked Muffin 🖜 Bagel & Cream Cheese 🖜 Whole Grain Cereal 🖜 SIDE: Smoothie

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

TUESDAY

Chicken Chili Crispito with Molcajete Salsa

Fresh Baked Whole Grain Muffin 🖜

Yogurt & Berry Parfait with CK Granola 🖜 Whole Grain Cereal

WEDNESDAY

Pancake Pup with Pork Sausage & Syrup Cup Fresh Baked Whole Grain Muffin 🖜 Bagel & Cream Cheese 🖜

Whole Grain Cereal 🖜

Yogurt & Berry Parfa with CK Granola 🖜 Whole Grain Cereal 🖜

THURSDAY

THURSDAY

Potato Wedges O

Cheese Pizza 🖜

Turkey Sandwich

Lunch Options

MONDAY Orange Chicken Rice Bowl Chicken Strips Meal with Potato Wedges Spicy Chicken Wrap 🕑

Parfait with Sunbutter Meal 🖜

Comp 5 High Schools: Chicken Caesar Salad O SIDE: Paradise Punch Juice

Farm-to-Fork season is here! SunFed Ranch's succulent braised beef is the star of our September menu. Slow-cooked to perfection we've infused the dish with delicious aromatic spices and herbs, creating a beautiful depth of flavor. Each dish is paired with fresh carrots, and creamy mashed potatoes the perfect complement to the tender beef.

TUESDAY

Spicy Chicken Sandwich with Potato Wedges Beef Frito Burrito Turkey Sandwich Parfait with Sunbutter Meal 🖜

Comp 5 High Schools: Chicken Caesar Salad 😋 SIDE: Garden Salsa SunChips

Or Vegetarian plant-based option available

WEDNESDAY

Chicken Pasta Alfredo Meal w/Garlic Breadstick Corn Dog Meal with

Tater Tots Chicken Caesar Salad Parfait with

Sunbutter Meal 🖜

Comp 5 High Schools: Spicy Chicken Wrap

Comp 5 High Schools: Chicken Caesar Salad O

SunFed Ranch, with ranches located north of Sacramento, brings over 150 years of ranching and passion to the plate. The folks at SunFed say it best: "We have our hands and hearts in every stage of raising our beef. From the first blade of grass to your dinner plate, you can feel good about the origin and quality of what we're serving up. Our cattle are 100% grass fed and 100% grass finished, always

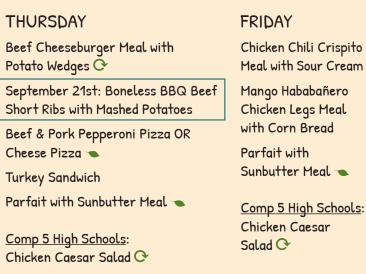
treated with the highest level of care and

dignity. Some say we like to spoil our cattle with all the sunshine and grazing they crave... and we wouldn't have it any other way. Our cattle are born and raised **exclusively** on American Family Ranches, creating jobs and opportunities in our local communities. And because we utilize progressive rotational grazing and regenerative agriculture, SunFed Ranch is beef that you – and the planet – can feel good about."

∵₩.* 50 FARM-TO-FORK **Jestival** Vegetarian 🖜

FRIDAY

Chicken Chili Crispito	Egg, Cheese & Turkey Sausage
with Molcajete Salsa	Breakfast Sandwich
Fresh Baked Whole Grain	Blenderless Lemon Cooler
Muffin 🖜	Smoothie Bowl 🖜
Yogurt & Berry Parfait	Bagel & Cream Cheese 🖜
with CK Granola 🖜	Whole Grain Cereal 🖜



#sacfarm2fork #grassfedbeef #farmtoschool



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