

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

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

Vegetarian

### MONDAY

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

### 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

### THURSDAY

Chicken Chili Crispito with Molcajete Salsa  
Fresh Baked Whole Grain Muffin   
Yogurt & Berry Parfait with CK Granola   
Whole Grain Cereal

### FRIDAY

Egg, Cheese & Turkey Sausage Breakfast Sandwich  
Blenderless Lemon Cooler Smoothie Bowl   
Bagel & Cream Cheese   
Whole Grain Cereal

## Lunch Options

Vegetarian plant-based option available

### 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   
SIDE: Paradise Punch Juice

### 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

### 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

### THURSDAY

Beef Cheeseburger Meal with Potato Wedges   
**September 21st: Boneless BBQ Beef Short Ribs with Mashed Potatoes**  
Beef & Pork Pepperoni Pizza OR Cheese Pizza   
Turkey Sandwich  
Parfait with Sunbutter Meal   
Comp 5 High Schools:  
Chicken Caesar Salad

### FRIDAY

Chicken Chili Crispito Meal with Sour Cream  
Mango Hababañero Chicken Legs Meal with Corn Bread  
Parfait with Sunbutter Meal   
Comp 5 High Schools:  
Chicken Caesar Salad

### 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.



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."

#sacfarm2fork #grassfedbeef #farmtoschool



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KITCHEN



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