

SEPTEMBER 2023

Vegetarian: 🌱

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.

MONDAY

4

Holiday

11

Pork Pancake Pup w/Syrup
SIDE: Smoothie 🌱

Breaded Chicken
Drumstick OR
Chickenless Kickin' Tenders
w/BBQ Sauce Cup 🌱
SIDE: States & Capitals
Crackers 🌱

TUESDAY

5

Garlic Cheese Toast 🌱
SIDE: Smoothie 🌱

Mandarin Orange Chicken
SIDE: Hawaiian Brown Rice
OR Cheese Pocket 🌱

12

Plain Bagel
with Cream Cheese 🌱

Popcorn Chicken
OR Cheese Pocket 🌱
SIDE: Mashed Potatoes 🌱

WEDNESDAY

6

Chicken Chili Crispito
with Salsa

Chicken Corn Dog
OR Chickenless Kickin'
Patty Sandwich 🌱
SIDE: Tater Tots 🌱

13

Chicken Chili Crispito
with Salsa

Chicken Pasta Alfredo
OR Chickenless Kickin'
Patty Sandwich 🌱
SIDE: Whole Grain
Garlic Bread Stick 🌱

THURSDAY

31

Chicken Chili Crispito
with Salsa

Beef & Pork Pepperoni
Pizza
OR Cheese Pizza 🌱

7

Turkey Sausage, Egg
& Cheese Breakfast
Sandwich

Beef Soft Taco
OR Bean & Cheese
Burrito 🌱

14

Parfait Cup w/Berries 🌱
SIDE: Granola 🌱

Cheese Quesadilla
with Red Sauce 🌱
OR
Bean & Cheese Burrito 🌱

FRIDAY

1

Buttery Maple Waffle 🌱

Chicken & Cheese Puposa
OR Bean & Cheese
Burrito 🌱
SIDE:
Triple Berry Blast Juice 🌱

8

Central Kitchen Lemon
Strawberry Smoothie 🌱
SIDE: Granola 🌱

Beef & Pork Pepperoni
Pizza
OR Cheese Pizza 🌱

15

Maple Chip Pancakes
with Syrup 🌱

Beef Cheeseburger
OR Cheese Pizza 🌱



This year's Farm-to-Fork Festival will be another exciting event!

In our own celebration of the region's bounty, in September our **all-you-can-eat school salad bars** will feature various produce from many of our local Farm-to-School growers:

Vierra Farms will supply seedless watermelons (also

known as Dave's Pumpkin Patch in West Sacramento, they are most known for their amazing pumpkins). **Stillwater Orchards**, one of our very first Farm-to-School growers, will supply a variety of local pears grown in the rich soils of the Sacramento Delta.

In addition, no summer salad bar would be complete without a variety of stone fruits from

O'Connell Ranch in the scenic Sacramento River in Colusa. Expect a variety of nectarines, pluots and peaches served up at the peak of ripeness.

Lastly look for Sungold tomatoes, bite sized sweetness, direct from **Capay Valley Farm Shop** to complement our lettuce greens.

MONDAY

18

Italian Turkey Sausage
Breakfast Square
SIDE: Smoothie

Homestyle Chicken Strips
OR Chickenless Kickin'
Tenders w/BBQ Sauce Cup
SIDE: Garden Salsa
Sun Chips

TUESDAY

19

Garlic Cheese Toast

Mandarin Orange Chicken
with Hawaiian
Brown Rice
OR Cheese Pocket

WEDNESDAY

20

Chicken Chili Crispito
with Salsa

Chicken Corn Dog
OR Chickenless Kickin'
Patty Sandwich
SIDE: Tater Tots

THURSDAY

21

Turkey Sausage, Egg
& Cheese Breakfast
Sandwich

Beef Soft Taco
OR Bean & Cheese
Burrito

FRIDAY

22

Central Kitchen Lemon
Strawberry Smoothie
SIDE: Granola

Beef & Pork Pepperoni
Pizza
OR Cheese Pizza

25

Pork Pancake Pup w/Syrup
SIDE: Smoothie

Breaded Chicken Drumstick
OR Chickenless Kickin'
Tenders w/BBQ Sauce
Cup
SIDE: States & Capitals
Crackers

26

Plain Bagel
with Cream Cheese

Popcorn Chicken
OR Cheese Pocket
SIDE: Mashed Potatoes

27

Chicken Chili Crispito
with Salsa

Chicken Pasta Alfredo
OR Chickenless Kickin'
Patty Sandwich
SIDE: Whole Grain
Garlic Bread Stick

28

Parfait Cup
with Berries
SIDE: Granola

Cheese Quesadilla
with Red Sauce
OR
Bean & Cheese Burrito

29

Maple Chip Pancakes
with Syrup

Beef Cheeseburger
OR Cheese Pizza

FREE MEALS for EVERY STUDENT IN CALIFORNIA

Breakfast and lunch will continue to be served at no cost for every student in every California K-12 public school.

Studies show students who participate in school meal programs are more likely to eat fresh fruits, vegetables and milk than those who bring their own lunch.

These nutrient-dense foods contribute to a healthier lifestyle and reduces preventable diet-related diseases.

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

CENTRAL KITCHEN

Our Mission: Every Student, regardless of income, deserves a freshly prepared meal while at school.

We are committed to this meaningful mission for all of the 40,000 students we serve. We opened the Central Kitchen one year ago and successfully started making freshly prepared chicken, crunchy and soft tacos & burritos, egg patties for breakfast sandwiches, local honey granola, fresh broccoli salad, chicken tortilla soup, chicken salad mini pitas, fresh salsa, Italian pasta salad, edamame orzo salad, deli wraps, and mango habanero chicken entree. Transforming school lunch one entrée and side at a time.

www.thecentralkitchen.org

LEMON STRAWBERRY SMOOTHIES



This month try one of Central Kitchen's refreshing Lemon Smoothies topped with sweet strawberries!



Nutrition Services 916-395-5600

This institution is an equal opportunity employer and provider. Menus subject to change.