

FEATURED MENU ITEM:

Chicken Alfredo



A student favorite! Our penne pasta topped with grilled chicken and creamy Alfredo sauce.

Want to make it vegetarian? Ask for no chicken.

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Sausage Breakfast Pizza	Chicken Chili Crispito with Molcajete Salsa	Pancake Pup with Pork Sausage & Syrup Cup	Chicken Chili Crispito with Molcajete Salsa	Egg, Cheese & Turkey Sausage Breakfast Sandwich
Fresh Baked Muffin	Fresh Baked Whole Grain Muffin	Fresh Baked Whole Grain Muffin	Fresh Baked Whole Grain Muffin	Blenderless Lemon Cooler Smoothie Bowl
Bagel & Cream Cheese	Yogurt & Berry Parfait with CK Granola	Bagel & Cream Cheese	Yogurt & Berry Parfait with CK Granola	Bagel & Cream Cheese
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
SIDE: Smoothie				

Lunch Options

Vegetarian plant-based option available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken Rice Bowl	Spicy Chicken Sandwich with Potato Wedges	Chicken Pasta Alfredo Meal w/Garlic Breadstick	Beef Cheeseburger Meal with Potato Wedges	Chicken Chili Crispito Meal with Sour Cream
Chicken Strips Meal with Potato Wedges	Beef Frito Burrito	Corn Dog Meal with Tater Tots	Beef & Pork Pepperoni Pizza OR Cheese Pizza	Mango Hababañero Chicken Legs Meal with Corn Bread
Spicy Chicken Wrap	Turkey Sandwich	Chicken Caesar Salad	Turkey Sandwich	Parfait with Sunbutter Meal
Parfait with Sunbutter Meal	Parfait with Sunbutter Meal	Parfait with Sunbutter Meal	Parfait with Sunbutter Meal	Parfait with Sunbutter Meal
<u>Comp 5 High Schools:</u> Chicken Caesar Salad	<u>Comp 5 High Schools:</u> Chicken Caesar Salad	<u>Comp 5 High Schools:</u> Spicy Chicken Wrap	<u>Comp 5 High Schools:</u> Chicken Caesar Salad	<u>Comp 5 High Schools:</u> Chicken Caesar Salad
SIDE: Paradise Punch Juice	SIDE: Garden Salsa SunChips			



October is a busy month for both our nation's farms and our nation's schools.

Farm to School connects communities to our nation's farmers, boosts rural economies and improves children's health. So this month, you too can take action in any of the following ways:

- Establish a relationship with your local farmers
- Support your local school garden by donating funds or volunteering time
- Attend your local farmers' market and buy local foods

Farm to School activities provide students with fun learning related to nutrition.

agriculture, health, and food in the classroom and in the community. These activities ignite excitement around food, and this holistic approach to learning enhances the chance for students, and even administrators, to adopt healthy eating and agricultural practices beyond the classroom.

Farm to school helps healthy habits take root early. Early childhood is the ideal time to establish a taste for healthy foods and a desire to try new things in order to encourage life-long, healthy habits.

Farm to school benefits everyone. By connecting various stakeholders through a community food system via purchasing, processing, distributing, and preparing foods for school meals, farm to school efforts strengthen economic and community ties. Farm to school also benefits a wide variety of local businesses and producers, including: farmers; ranchers; fishers; processors; distributors; value-added operations; and others.

Happy Farm to School Month!



In October we are featuring our Sacramento delta family farm Stillwater Orchards' Bartlett Pears. Each bite is full of sweetness and flavor due to our region's hot weather and rich soil. Students will experience the taste and variety of Bartlett, Seckel and Bosc pears from Stillwater Orchards this season.



Nutrition Services
916-395-5600
This institution is an equal opportunity provider.