

October 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Turkey Sausage Breakfast Square SIDE: Smoothie Home-Style Chicken Strips OR Chickenless Kickin' Tenders 🌱 SIDE: BBQ Sauce Cup SIDE: Garden Salsa SunChips	3 Garlic Cheese Toast 🌱 Mandarin Orange Chicken SIDE: Hawaiian Brown Rice OR Cheese Pocket with Marinara Cup 🌱	4 Chicken Chili Crispito with Salsa Chicken Corn Dog OR Chickenless Kickin' Patty Sandwich 🌱 SIDE: Tater Tots SIDE: Ketchup Cup	5 Freshly prepared Turkey Sausage, Egg & Cheese Breakfast Sandwich Freshly Prepared Beef Soft Taco OR Bean & Cheese Burrito 🌱	6 CK freshly prepared Blenderless Smoothie 🌱 SIDE: Granola Beef and Pork Pepperoni Pizza OR Cheese Pizza 🌱
9 Pork Pancake Pup with Syrup SIDE: Smoothie Breaded Chicken Drumstick OR Chickenless Kickin' Tenders 🌱 SIDE: BBQ Sauce Cup SIDE: Farmer's Market Crackers	10 Plain Bagel with Cream Cheese 🌱 Chicken Patty Sandwich OR Cheese Pocket with Marinara Cup 🌱 SIDE: Ketchup Cup	11 Chicken Chili Crispito with Salsa Chicken Pasta Alfredo OR Chickenless Kickin' Patty Sandwich 🌱 SIDE: Whole Grain Garlic Bread Stick	12 Parfait Cup with Berries 🌱 SIDE: Granola Cheese Quesadilla with Red Sauce 🌱 OR Bean & Cheese Burrito 🌱	13 Maple Chip Pancakes with Syrup 🌱 Beef Cheeseburger OR Cheese Pizza 🌱 SIDE: Ketchup Cup
16 Italian Turkey Sausage Breakfast Square SIDE: Smoothie Home-Style Chicken Strips OR Chickenless Kickin' Tenders 🌱 SIDE: BBQ Sauce Cup SIDE: Garden Salsa SunChips	17 Garlic Cheese Toast 🌱 Mandarin Orange Chicken SIDE: Hawaiian Brown Rice OR Cheese Pocket with Marinara Cup 🌱	18 Chicken Chili Crispito with Salsa Chicken Corn Dog OR Chickenless Kickin' Patty Sandwich 🌱 SIDE: Tater Tots SIDE: Ketchup Cup	19 Freshly prepared Turkey Sausage, Egg & Cheese Breakfast Sandwich Freshly Prepared Beef Soft Taco OR Bean & Cheese Burrito 🌱	20 CK Blenderless Smoothie 🌱 SIDE: Granola Beef and Pork Pepperoni Pizza OR Cheese Pizza 🌱

FARM TO SCHOOL

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. Every day our salad bars are stocked full of local and California grown fresh produce that are always student favorites.



If your student chooses to bring their own lunch they can visit the salad bar and pick up a fresh milk or soy milk for no cost. (They must select ½ cup each of fruit and vegetable, and a milk.) All students benefit from no-cost meals in California. Save money at home and let us fill up your student's plate with nutrient-dense milk and produce.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Pork Pancake Pup with Syrup SIDE: Smoothie Breaded Chicken Drumstick OR Chickenless Kickin' Tenders SIDE: BBQ Sauce Cup SIDE: Farmer's Market Crackers	24 Plain Bagel with Cream Cheese Chicken Patty Sandwich OR Cheese Pocket with Marinara Cup SIDE: Ketchup Cup	25 Chicken Chili Crispito with Salsa Chicken Pasta Alfredo OR Chickenless Kickin' Patty Sandwich SIDE: Whole Grain Garlic Bread Stick	26 Parfait Cup with Berries SIDE: Granola Cheese Quesadilla with Red Sauce OR Bean & Cheese Burrito	27 Maple Chip Pancakes with Syrup Beef Cheeseburger OR Cheese Pizza
30 Italian Turkey Sausage Breakfast Square SIDE: Smoothie Home-Style Chicken Strips OR Chickenless Kickin' Tenders SIDE: BBQ Sauce Cup SIDE: Garden Salsa SunChips	31 Garlic Cheese Toast Mandarin Orange Chicken SIDE: Hawaiian Brown Rice OR Cheese Pocket with Marinara Cup			



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!

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.

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CENTRAL
KITCHEN



Nutrition Services
916-395-5600

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