

FEATURED MENU ITEM:

Chicken Tortilla Soup



Warm up this winter with a bowl of freshly made Chicken Tortilla Soup crafted in our Central Kitchen!
Prepared with tomatoes, fire roasted corn, black beans, grilled chicken and traditional Mexican spices, this is sure to be a student favorite on our menu.

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

Vegetarian Vegetarian plant-based option available All meals include fat-free, low-fat or Lactose Free milk choices.

MONDAY

- Egg & Cheese Breakfast Burrito
- Roasted Apple Granola Bake
- Fresh Baked Muffin
- Whole Grain Cereal
- SIDE: Smoothie

TUESDAY

- Chicken Chili Crispito with Molcajete Salsa
- Egg & Cheese Bagel Sandwich
- Fresh Baked Cinnamon Roll
- Whole Grain Cereal

WEDNESDAY

- Pancake Pup with Pork Sausage
- Roasted Apple Granola Bake
- Fresh Baked Muffin
- Whole Grain Cereal

THURSDAY

- Chicken Chili Crispito with Molcajete Salsa
- Egg & Cheese Bagel Sandwich
- Fresh Baked Cinnamon Roll
- Whole Grain Cereal

FRIDAY

- Beef Gravy Breakfast Square
- Roasted Apple Granola Bake
- Fresh Baked Muffin
- Whole Grain Cereal

Lunch Options

MONDAY

- Popcorn Chicken Bowl
- Two Miller's Beef Hot Dogs with Tater Tots
- Homestyle Chicken Wrap
- Parfait with Sunbutter Meal
- SIDE: Harvest Cheddar Sunchips
- Comp 5 High Schools: Orange Chicken Salad

TUESDAY

- Pork Carnitas Bowl
- Chicken Tortilla Soup with Crispy Beef Tacos
- Spicy Chicken Pita Wrap
- Parfait with Sunbutter Meal
- SIDE: Country Pure Juice
- Comp 5 High Schools: Orange Chicken Salad

WEDNESDAY

- Chicken Pasta Alfredo
- Beef & Pork Pepperoni Pizza OR Cheese Pizza
- Chicken Caesar Salad
- Parfait with Sunbutter Meal
- Comp 5 High Schools: Orange Chicken Salad

THURSDAY

- Rodeo Bacon Cheeseburger with Sidewinders
- Chicken Burrito with Fresh Red Salsa
- Spicy Chicken Pita Wrap
- Parfait with Sunbutter Meal
- Comp 5 High Schools: Orange Chicken Salad

FRIDAY

- Teriyaki Chicken Rice Bowl with Fresh Vegetables
- Spicy Chicken Sandwich with Sidewinders
- Homestyle Chicken Wrap
- Parfait with Sunbutter Meal
- Comp 5 High Schools: Orange Chicken Salad



Follow us on Facebook!
SCUSD Central Kitchen



Follow us on Instagram!
@theCentralKitchenSAC



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



<https://thecentralkitchen.org>



At lunch our students will enjoy a variety of fresh California-grown table grapes from HMC Farms.

The last harvest in the grape vineyards are typically sweeter and crisper than the others because they are at the peak of ripeness. The warm days and cool nights have been ideal conditions for table grape maturity this year. The dew point and humidity have also been optimal for this time of year, with zero foggy days to date.

