

FEATURED MENU ITEM:

# Chicken Alfredo

Offered Jan 17 & 31



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

Vegetarian

Vegetarian plant-based option available

All meals include fat-free, low-fat or Lactose Free milk choices.

### MONDAY

(Jan 8) Crispito with Salsa  
OR Plain Bagel Meal

(Jan 22 & 29) Breakfast  
Burrito OR Granola Bake

Whole Grain Cereal

SIDE: Peach Smoothie

### TUESDAY

(Jan 9) Pancake with Pork  
Sausage OR Plain Bagel Meal

(Jan 16, 23 & 30) Crispito with  
Salsa OR Bagel Breakfast  
Sandwich OR Cinnamon Roll

Whole Grain Cereal

### WEDNESDAY

(Jan 10) Breakfast Burrito  
(Jan 17, 24 & 31) Pancake  
with Pork Sausage

Granola Bake

Fresh Baked Muffin

Whole Grain Cereal

### THURSDAY

Crispito with Salsa  
Bagel Breakfast  
Sandwich

Fresh Baked  
Cinnamon Roll

Whole Grain Cereal

### FRIDAY

Gravy Breakfast Pizza  
OR Granola Bake

Fresh Baked Muffin

Whole Grain Cereal

## Lunch Options

### MONDAY

(Jan 8) Beef & Pork  
Pepperoni Pizza OR  
Cheese Pizza

(Jan 22 & 29) Popcorn  
Chicken Bowl

Homestyle  
Chicken Wrap

Parfait with  
Sunbutter Meal

SIDE: Sunchips

### TUESDAY

Carnitas Taco Bowl  
Chicken Tortilla Soup  
with Crispy Beef Tacos

Spicy Chicken  
Pita Wrap

Parfait with  
Sunbutter Meal

### WEDNESDAY

(Jan 10 & 24) Nashville Hot  
Chicken Wings  
or Hot Dog Meal

(Jan 17 & 31) Chicken Pasta  
Alfredo  
OR 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

Chicken Burrito with  
Fresh Red Salsa

Spicy Chicken Pita Wrap

Parfait with  
Sunbutter Meal

Comp 5 High Schools:  
Chicken Cesar Salad

### FRIDAY

Teriyaki Chicken Bowl

Spicy Chicken  
Sandwich

Homestyle  
Chicken Wrap

Parfait with  
Sunbutter Meal

Comp 5 High Schools:  
Orange Chicken  
Salad



This January our students will enjoy tree-ripened Satsuma & Algerian Clementine mandarins from Mandarin Hill Orchards in Penryn California. Mandarin Hill Orchards is a 3rd generation family farm. Tom Aguilar and his daughter Jaqueline Kennedy and husband Rick Kennedy run the daily operations of the ranch. They have been growing citrus for 70 years and is one of the oldest Mandarin orchards in Placer County.



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