

FEBRUARY 2024

Monday

Tuesday

Wednesday

Thursday

Friday



All meals include: Fat-free, low-fat or lactose-free milk choices.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides. 🌱

Lunch options: Listed entrée or a Sunbutter Sandwich meal with sides. 🌱

Vegetarian: 🌱

**Valentine's Day
February 14th**
Featuring ❤️ RED Salad Bars: mixed berries, watermelon, tomatoes, blood oranges and more!

1

Chicken Chili Crispito
w/ Salsa

Beef Taco Bowl
-or- French Bread Pizza 🌱

2

Italian Turkey Sausage Square

Popcorn Chicken
-or- Kick'n Nuggets 🌱
Side: Garden Salsa Sunchips
**Featured GREEN DRAGON
Apple served today!**

5

Chef's Choice Breakfast

Chef's Choice Lunch
Side: Potato Smiles

6

Bagel with
Strawberry Cream Cheese 🌱
Side: Peach Smoothie

Chicken Sandwich
-or- Cheese Pocket
w/ Marinara Cup 🌱

7

Chicken Chili Crispito
w/ Salsa

Beef Soft Taco Bowl
-or- Quesadilla w/ Red Sauce 🌱
-or- French Bread Pizza 🌱
Side: Tortilla Chips

8

Turkey Sausage & Egg
Breakfast Croissant

Mini Chicken Corn Dogs
-or- French Bread Pizza 🌱
Side: Popcorn

9

Garlic Cheese Toast

Beef & Pork Pepperoni Pizza
-or- Cheese Pizza 🌱
Side: Variety Vegetable Juice
**Featured GREEN DRAGON
Apple served today!**

12

Holiday

13

Chef's Choice Breakfast
Side: Peach Smoothie

Chef's Choice Lunch
-or- Cheese Pocket w/ Marinara 🌱

14

Chicken Chili Crispito
w/ Salsa

Pasta Alfredo with
or w/o Chicken 🌱
Side: Whole grain breadstick

15

Parfait with Berries and Granola

French Bread Pizza 🌱
-or- Quesadilla w/Red Sauce 🌱
Side: Tortilla Chips

16

Maple Waffle 🌱

Cheeseburger
-or- Cheese Pizza 🌱
Side: Variety Vegetable Juice
**Featured GREEN DRAGON
Apple served today!**

Monday

19

Holiday

Tuesday

20

Bagel and
Strawberry Cream Cheese 🌿

Side: Peach Smoothie

Chicken Sandwich
-or- Cheese Pocket
w/ Marinara Cup 🌿

Wednesday

21

Chicken Chili Crispito
w/ Salsa

Beef Soft Taco
-or- Quesadilla w/Red Sauce 🌿

Side: Tortilla Chips

Thursday

22

Turkey Sausage & Egg
Breakfast Croissant

Mini Chicken Corn Dogs
-or- French Bread Pizza 🌿

Side: Popcorn

Friday

23

Garlic Cheese Toast

Beef & Pork Pepperoni Pizza
-or- Cheese Pizza

Side: Vegetable Juice Variety
Featured GREEN DRAGON
Apple served today!

26

Pork Pancake Pup
w/ Syrup

Popcorn Chicken Bowl
-or- Kick'n Nuggets 🌿

Side: Mashed Potatoes

27

Breakfast Chicken Sliders

Side: Peach Smoothie

Sweet and Sour Chicken
-or- Cheese Pocket 🌿

Side: Hawaiian Brown Rice

28

Chicken Chili Crispito
w/ Salsa

Pasta Alfredo with
or w/o Chicken 🌿

Side: Whole grain breadstick

29

Parfait with Berries and Granola

French Bread Pizza 🌿
-or- Quesadilla w/Red Sauce 🌿



@thecentralkitchensac



The Central Kitchen - SCUSD Nutrition Services

Nutrition Services
916-395-5600

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

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

In part of celebrating the Year of the Dragon, we are excited to share Green Dragon™ Apples. This delicious fruit stands out with their unique sweetness, which is quite different from the usual tartness of green apples. They're surprisingly sweet, much like the popular red apple varieties. Their flavor has a delightful mix of pineapple and pear, adding a fresh and exciting twist. Additionally, these apples are known for their rich, fruity aroma, making them one of the most fragrant apples you can find.



Dragonberry
PRODUCE