

Vegetarian Whole Grain Cereal Varieties offered daily for breakfast

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

BREAKFAST OPTIONS

LUNCH OPTIONS

**Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

Chicken Breakfast Slider  
 Italian Turkey Sausage Square  
 Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese

Sweet & Sour Chicken Bowl with Fresh Vegetables  
 Chicken Strips with Seasoned Wedges   
 Spicy Chicken Wrap   
 Parfait with Sunbutter Meal   
 SIDE: Juice

**Comp5 High Schools:**  
 Chicken Ceasar Salad

Chicken Chili Crispito  
 Fresh Baked Muffin   
 Parfait with Berries & Granola   
 SIDE: Peach Smoothie

Spicy Chicken Sandwich with Seasoned Wedges   
 Beef Burrito  
 Freshly Prepared Beef Taco Bowl  
 Roasted Turkey Sandwich on Fresh Baked Baguette  
 Parfait with Sunbutter Meal

**Comp5 High Schools:**  
 Chicken Ceasar Salad

Pancake Pup with Pork Sausage  
 Ham and Cheese Croissant  
 Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese

Chicken Pasta Alfredo   
 Double Corn Dog & Tater Tots  
 Chicken Caesar Salad   
 Parfait with Sunbutter Meal

**Comp5 High Schools:**  
 Spicy Chicken Wrap

Egg, Turkey Sausage and Cheese Croissant  
 Fresh Baked Muffin   
 Parfait with Berries & Granola

Chicken Chili Crispito with Molcajete Salsa & Sour Cream  
 Beef and Pork Pepperoni Pizza  
 Cheese Pizza   
 Roasted Turkey Sandwich on Fresh Baked Baguette  
 Parfait with Sunbutter Meal   
 SIDE: SunChips

**Comp5 High Schools:**  
 Chicken Ceasar Salad

Chicken Chili Crispito  
 Italian Turkey Sausage Square  
 Fresh Baked Jalapeño Cheddar Bagel with Cream Cheese

Specialty Burger with Bacon & Pepperjack Cheese with Seasoned Wedges  
 Freshly Prepared Beef Taco Bowl  
 Spicy Chicken Wrap   
 Parfait with Sunbutter Meal

**Comp5 High Schools:**  
 Chicken Ceasar Salad

Fresh fruit varieties & orange juice offered daily for breakfast.  
 Fresh vegetables, fruit varieties & side salads offered daily for lunch.



@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.



Together with CA Department of Food and Agriculture's Farm to School Grant, Soil Born Farms and The Central Kitchen are bringing local, fresh organic lettuce to school meals. Grown especially for our students for the next 3 years, we are thrilled to see our region's local produce in our schools and contributing to our region's Farm to Form community.