

Secondary Menu (Middle & High Schools)

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Options

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

Chicken Chili Crispito  
--  
Fresh Baked Muffin  
--  
Parfait with Berries & Granola  
Side - Peach Smoothie

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

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

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

Lunch Options

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

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

Chicken Pasta Alfredo  
--  
Double Corn Dog & Tater Tots  
--  
Chicken Ceasar Salad  
--  
Parfait with Sunbutter Meal  
--  
Comp5 High Schools:  
Spicy Chicken Wrap

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

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

April 2024

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

Whole Grain Cereal Varieties  
offered daily for breakfast

Vegetarian plant-based option  
available:

Vegetarian:



MENU SPOTLIGHT



Specialty Burger with Bacon &  
Pepperjack Cheese with Seasoned  
Wedges

Fresh fruit varieties &  
orange juice offered daily  
with breakfast.

Assorted fresh fruits &  
vegetables, and side  
salads offered daily with  
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.



April 29 - May 3

Scan to share a kind word  
and a thank you to  
YOUR School Lunch Hero!



CENTRAL  
KITCHEN