

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

Roasted Turkey Sandwich on Fresh Baked Baguette

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
 5/1, 5/15, 5/29
 Freshly Prepared Mac & Cheese with Habanero Drumbsticks
 5/8, 5/22
 --
 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

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:



Fresh fruit varieties & orange juice offered daily with breakfast.

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

May 2024



@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.