

# August 2024

## High School Menu



**Nutrition Services**  
916-395-5600  
This institution is an equal opportunity provider. Menus subject to change.



@thecentralkitchensac



The Central Kitchen - SCUSD Nutrition Services

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

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 Parfait Sunbutter Sandwich meal with sides. 🌱

**Vegetarian:** 🌱

CENTRAL  
KITCHEN

### Monday

19

Breakfast Pizza  
-or- Jalapeno Cheddar Bagel w/ Cream Cheese 🌱

Side: Strawberry Banana Smoothie  
Side: Various Fruit Cup 🌱

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Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream  
-or- Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza 🌱

Side: Various Juice, 6oz  
Side: Mac & Cheese 🌱

### Tuesday

20

Pancake Pup w/ Pork Sausage  
-or- Ham & Cheese Croissant

Side: Dried Cherries 🌱

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Spicy Chicken Sandwich w/ Seasoned Wedges  
-or- Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza 🌱

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

### Wednesday

21

Breakfast Bowl  
-or- Jalapeno Cheddar Bagel w/ Cream Cheese 🌱

Side: Various Fruit Cup 🌱

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Sweet & Sour Chicken Bowl with Fresh Vegetables  
-or- Roasted Turkey Sandwich

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

### Thursday

22

Chicken Chili Crispito w/ Molcajete Salsa  
-or- Fresh Baked Variety Muffin

Side: Dried Cherries 🌱

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Cheeseburger with Potato Wedges  
-or- Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

### Friday

23

Egg, Turkey Sausage, & Cheese Breakfast Sandwich  
-or- Fresh Baked Variety Muffin 🌱

Side: Various Fruit Cup 🌱

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Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream  
-or- Spicy Chicken Wrap

Side: Harvest Cheddar Sun Chips

26

Breakfast Pizza  
-or- Fresh Variety Bagel with Cream Cheese

Side: Strawberry Banana Smoothie  
Side: Various Fruit Cup 🌱

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Sweet & Sour Chicken Bowl with Fresh Vegetables  
-or- Chicken Strip Meal w/ Potato Wedges  
-or- Kickin Tenders Meal 🌱  
-or- Spicy Chicken Wrap

Side: Various Juice, 6oz

27

Chicken Chili Crispito w/ Molcajete Salsa  
-or- Ham & Cheese Croissant

Side: Dried Cherries 🌱

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Spicy Chicken Sandwich w/ Seasoned Wedges  
-or- Carnitas Burrito w/ Molcajete Salsa  
-or- Roasted Turkey Sandwich

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

28

Pancake Pup w/ Pork Sausage  
-or- Fresh Variety Bagel w/ Cream Cheese

Side: Various Fruit Cup 🌱

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Chicken Pasta Alfredo w/ Garlic Breadstick  
-or- Grilled Cheese w/ Tortilla Soup  
-or- Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

29

Chicken Chili Crispito w/ Molcajete Salsa  
-or- Fresh Baked Variety Muffin 🌱

Side: Dried Cherries 🌱

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Cheeseburger w/ Potato Wedges  
-or- Corn Dog w/ Potato Wedges  
-or- Spicy Chicken Wrap

Side: Yakisoba Noodle Salad w/ Sesame Dressing 🌱

30

Ham & Cheese Croissant  
-or- Fresh Baked Variety Muffin 🌱

Side: Various Fruit Cup 🌱

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Chicken Chili Crispito w/ Molcajete Salsa & Sour Cream  
-or- Mango Habanero Chicken Legs w/ Corn Bread  
-or- Roasted Turkey Sandwich

Side: Harvest Cheddar Sun Chips

Comp 5:  
Southwest  
Chicken Salad  
with either  
Lime or Caesar  
Dressing