

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:** 🌱



Soil Born Farms organic lettuces featured on the salad bar weekly.



NATIONAL FARM to SCHOOL NETWORK

# STILLWATER ORCHARDS

At the Central Kitchen, we're proud to partner with Stillwater Orchards, located in the heart of Courtland, CA. As one of our first Farm to School partners, Stillwater Orchards brings us fresh, locally grown pears that are a highlight on our menu. By sourcing from local farms like theirs, we support sustainable agriculture while providing our students with nutritious, delicious food straight from the orchard to the table.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

# October 2024

## Elementary K-8

1

Beef Breakfast Square  
---  
Teriyaki Chicken Bowl  
-or- Cheese Pocket 🌱  
Side: Marinara Dipping Sauce Cup

2

Chicken Chili Crispito  
Side: Salsa Picante  
Side: Various Vegetable Juice  
---  
Chicken Corn Dog with Ketchup Cup  
-or- Kickin' Patty Sandwich 🌱  
Side: Potato Wedges

3

🌱 Turkey Breakfast Sandwich  
---  
Beef Crisp Ups  
-or- Bean & Cheese Burrito 🌱  
🌱 Side: Tortilla Soup  
Side: Tortilla Chips

4

French Toast Sticks with Syrup 🌱  
Side: Various Vegetable Juice  
---  
Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza 🌱  
Side: Various Vegetable Juice

7

Pork Pancake Pup with Syrup Cup  
Side: Strawberry Banana Yogurt Smoothie  
---  
Cheese Quesadilla 🌱 with Red Sauce  
-or-  
Bean & Cheese Burrito 🌱

8

Plain Bagel with Cream Cheese  
---  
Breaded Chicken Drumstick  
-or- Cheese Pocket 🌱  
🌱 Side: Mac & Cheese  
Side: Marinara Dipping Sauce Cup

9

Chicken Chili Crispito  
Side: Salsa Picante  
Side: Various Vegetable Juice  
---  
Pasta Alfredo with Chicken  
-or- Pasta Alfredo without Chicken 🌱  
Side: Garlic Bread Stick

10

Chicken Biscuit Breakfast Sandwich  
---  
Popcorn Chicken  
-or- Kickin' Tenders 🌱  
Side: Mashed Potatoes  
Side: Biscuit

11

Maple Chip Pancakes with Syrup Cup  
Side: Various Vegetable Juice  
---  
Cheeseburger  
-or- Cheese Pizza 🌱  
Side: Seasoned Potato Wedges  
Side: Various Vegetable Juice

Freshly Prepared by the Central Kitchen





Join Nutrition Services in the fight against Breast Cancer and sign up for "Team Unified" in the Second Annual Making Strides Walk

October 27th, 2024  
Sacramento State University  
7 am Check-In



14

Ham & Cheese Croissant  
Side: Strawberry Banana Yogurt Smoothie  
---  
BBQ Pulled Pork Sandwich with BBQ Sauce Cup  
Kickin' Tenders 🌿  
🍷 Side: Mac & Cheese 🌿

15

Beef Breakfast Square  
---  
Mandarin Chicken Bowl  
-or- Cheese Pocket 🌿  
Side: Marinara Dipping Sauce Cup

16

Chicken Chili Crispito  
Side: Salsa Picante  
Side: Various Vegetable Juice  
---  
Chicken Corn Dog with Ketchup Cup  
-or- Kickin' Patty Sandwich 🌿  
Side: Potato Wedges

17

🍷 Turkey Breakfast Sandwich  
---  
Beef Crisp Ups  
-or- Bean & Cheese Burrito 🌿  
🍷 Side: Tortilla Soup  
Side: Tortilla Chips

18

Garlic Cheese Toast 🌿  
---  
Beef & Pork Pepperoni Pizza  
-or- Cheese Pizza 🌿  
Side: Various Vegetable Juice

21

Pork Pancake Pup with Syrup Cup  
Side: Strawberry Banana Yogurt Smoothie  
---  
Cheese Quesadilla with Red Sauce  
-or-  
Bean & Cheese Burrito 🌿

22

Plain Bagel with Cream Cheese  
---  
Breaded Chicken Drumstick  
-or- Cheese Pocket 🌿  
🍷 Side: Mac & Cheese 🌿  
Side: Marinara Dipping Sauce Cup

23

Chicken Chili Crispito  
Side: Salsa Picante  
Side: Various Vegetable Juice  
---  
🍷 CK Beef Bolognese Pasta  
Side: Garlic Bread Stick

24

Chicken Biscuit Breakfast Sandwich  
---  
Popcorn Chicken  
-or- Kickin' Tenders 🌿  
Side: Mashed Potatoes  
Side: Biscuit

25

Maple Chip Pancakes with Syrup Cup  
---  
Cheeseburger  
-or- Cheese Pizza 🌿  
Side: Seasoned Potato Wedges  
Side: Various Vegetable Juice

28

Ham & Cheese Croissant  
Side: Strawberry Banana Yogurt Smoothie  
---  
BBQ Pulled Pork Sandwich with BBQ Sauce Cup  
-or- Kickin' Tenders 🌿  
🍷 Side: Mac & Cheese 🌿

29

Beef Breakfast Square  
---  
Mandarin Chicken Bowl  
-or- Cheese Pocket 🌿  
Side: Marinara Dipping Sauce 🌿

30

Chicken Chili Crispito  
Side: Salsa Picante  
Side: Various Vegetable Juice  
---  
Chicken Corn Dog with Ketchup Cup  
-or- Kickin' Patty Sandwich 🌿  
Side: Potato Wedges 🌿

31

🍷 Turkey Breakfast Sandwich  
---  
Beef Crisp Ups  
-or-  
Bean & Cheese Burrito 🌿  
🍷 Side: Tortilla Soup  
Side: Tortilla Chips



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

[thecentralkitchen.org](http://thecentralkitchen.org)  
@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.