



# Menu Feature

## Beef Burrito

### Tuesday

### December 12

Monday

Tuesday

Wednesday

Thursday

Friday

2

Pork Pancake Pup with  
Syrup Cup

Side: Strawberry Banana  
Yogurt Smoothie

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Cheese Quesadilla  
with Red Sauce

-or-

Bean & Cheese Burrito

3

Plain Bagel with Cream Cheese

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Pork Carnitas Tacos  
-or- Cheese Pocket

Side: Marinara Dipping  
Sauce Cup

4

Chicken Chili Crispito

Side: Salsa Picante

Side: Various Vegetable Juice

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Pasta Alfredo with Chicken  
-or- Pasta Alfredo without  
Chicken

Side: Garlic Bread Stick

5

Chicken Breakfast Sandwich

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Popcorn Chicken  
-or- Kickin' Tenders

Side: Mashed Potatoes  
Side: Buttermilk Biscuit

6

Maple Chip Pancakes with Syrup  
Cup

Side: Various Vegetable Juice

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Cheeseburger  
-or- Cheese Pizza

Side: Tater Tots  
Side: Various Vegetable Juice

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.

Various seasonal fruit offerings available for breakfast and lunch.

Vegetarian:

CENTRAL  
KITCHEN



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



Mandarin Hill  
ORCHARDS

Mandarin Hill Orchards, located in Penryn, California, is a family-owned farm that has been growing delicious citrus fruits for over 70 years. Their mandarins and oranges are hand-picked at peak ripeness to ensure the sweetest, juiciest flavors. Packed with vitamin C, makes them the perfect way to power up your day!

# December 2024

## Elementary K-8



NATIONAL  
FARM to SCHOOL  
NETWORK



**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

**Freshly Prepared by the Central Kitchen**



### Healthy Celebrations for Healthy Kids

While it's okay for kids to have occasional treats, it's important to limit processed foods that are high in sugar, unhealthy fats, and sodium. Foods like chips, candy, soda, sugary cereals, and fast food should be consumed sparingly, as they can contribute to weight gain, tooth decay, and an increased risk of chronic diseases like heart disease and diabetes.

At SCUSD our District Wellness Policy prohibits these unhealthy treats for parties or events happening during the school day. A healthy diet is crucial for the growth, development, and long-term well-being of children.

### Celebrate Healthy

Healthy snacks provide energy between meals and can help kids meet their nutritional needs.

Good options include:

- Fresh fruits (e.g., apple slices, berries, or oranges)
- Vegetables with hummus or yogurt dip
- Whole-grain crackers or rice cakes with cheese
- Yogurt with fruit or granola
- Smoothies made with fruits, vegetables, and protein

9

Ham & Cheese Croissant

Side: Strawberry Banana  
 Yogurt Smoothie

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 BBQ Pulled Pork Sandwich  
 -or- Kickin' Tenders

Side Mac & Cheese

10

Turkey Sausage Square

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 Mandarin Chicken  
 -or- Cheese Pocket

Side: Marinara Dipping Sauce  
 Cup  
 Side: Brown Rice

11

Chicken Chili Crispito

Side: Salsa Picante, Mild  
 Side: Various Vegetable Juice

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 Chicken Corn Dog with  
 Ketchup Cup  
 -or- Kickin' Patty Sandwich

Side: Pinto Beans

12

Turkey Breakfast Sandwich

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 Beef Crisp Ups  
 -or- Bean & Cheese Burrito

Side: Tortilla Soup  
 Side: Tortilla Chips

13

Maple Chip Pancakes  
 with Syrup Cup

Side: Variety Vegetable Juice  
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Beef & Pork Pepperoni Pizza  
 -or- Cheese Pizza

Side: Various Vegetable Juice

16

Pork Pancake Pup with  
 Syrup Cup

Side: Strawberry Banana  
 Yogurt Smoothie

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 Cheese Quesadilla  
 with Red Sauce

-or-  
 Cheese Pocket

Side: Marinara Dipping Sauce  
 Cup

17

Plain Bagel with Cream Cheese

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 Pork Carnitas Tacos  
 -or- Bean & Cheese Burrito

Side: Pinto Beans

18

Chicken Chili Crispito

Side: Salsa Picante, Mild  
 Side: Various Vegetable Juice

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 Beef Bolognese Pasta  
 -or- Garlic Cheese Toast

Side: Garlic Bread Stick

19

Chicken Biscuit Breakfast  
 Sandwich

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 Popcorn Chicken  
 -or- Kickin' Tenders

Side: Mashed Potatoes  
 Side: Buttermilk Biscuit

20

Maple Chip Pancakes  
 with Syrup Cup

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 Cheeseburger  
 -or- Cheese Pizza

Side: Tater Tots  
 Side: Various Vegetable Juice