

2

Pork Pancake Pup with Syrup Cup

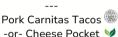
Side: Strawberry Banana Yogurt Smoothie

Cheese Quesadilla www.with Red Sauce

Bean & Cheese Burrito

3

Plain Bagel with Cream Cheese



Side: Marinara Dipping ₩ Sauce Cup 4

Chicken Chili Crispito

Side: Salsa Picante Side: Various Vegetable Juice

Pasta Alfredo with Chicken -or- Pasta Alfredo without Chicken ₩

Side: Garlic Bread Stick

5

Chicken Breakfast Sandwich

Popcorn Chicken -or- Kickin' Tenders ₩

Side: Mashed Potatoes Side: Buttermilk Biscuit 6

Maple Chip Pancakes with Syrup

Cup

Side: Various Vegetable Juice

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: 💜





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



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





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

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 12 13 10 11 Ham & Cheese Croissant Chicken Chili Crispito Maple Chip Pancakes Turkey Sausage Square Turkey Breakfast Sandwich with Syrup Cup 🔰 Side: Salsa Picante, Mild Side: Strawberry Banana Yogurt Smoothie Mandarin Chicken Side: Various Vegetable Juice Beef Crisp Ups Side: Variety Vegetable Juice -or- Cheese Pocket -or- Bean & Cheese Burrito BBQ Pulled Pork Sandwich (iii) Chicken Corn Dog with Beef & Pork Pepperoni Pizza -or- Kickin' Tenders 🤎 Side: Marinara Dipping Sauce Ketchup Cup Side: Tortilla Soup -or- Cheese Pizza 🕪 -or- Kickin' Patty Sandwich 🤎 Cup Side: Tortilla Chips Side Mac & Cheese 🌑 💆 Side: Brown Rice Side: Various Vegetable Juice Side: Pinto Beans (🛞 16 **17** 18 19 20 Pork Pancake Pup with Syrup Cup Chicken Chili Crispito Chicken Biscuit Breakfast Maple Chip Pancakes Plain Bagel with Cream Cheese Side: Strawberry Banana Sandwich with Syrup Cup 🦃 Side: Salsa Picante. Mild

Yogurt Smoothie Cheese Quesadilla 🚧 with Red Sauce -or-Cheese Pocket Side: Marinara Dipping Sauce

Cup

Pork Carnitas Tacos -or- Bean & Cheese Burrito 🥪 Side: Pinto Beans

Side: Various Vegetable Juice

Beef Bolognese Pasta -or- Garlic Cheese Toast 🔰

Side: Garlic Bread Stick

Popcorn Chicken -or- Kickin' Tenders 🔰

Side: Mashed Potatoes Side: Buttermilk Biscuit

Cheeseburger -or- Cheese Pizza 🦦

Side: Tater Tots Side: Various Vegetable Juice