

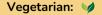


All meals include: Fat-free, low-fat or lactose-free milk choices.

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.





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





thecentralkitchen.org

Nutrition Services 916-395-5600 This institution is an equal opportunity provider. Menus subject to change. @thecentralkitchensac
The Central Kitchen - SCUSD
Nutrition Services

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



Freshly Prepared by the Central Kitchen