



Monday

Tuesday

Wednesday

Thursday

Friday

2

Pork Pancake Pup with Syrup Cup
 Side: Strawberry Banana Yogurt Smoothie

 Cheese Quesadilla with Red Sauce
 -or-
 Bean & Cheese Burrito

3

Plain Bagel with Cream Cheese

 Pork Carnitas Tacos
 -or- Cheese Pocket
 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

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
@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

BBQ Pulled Pork Sandwich
-or- Kickin' Tenders

Side Mac & Cheese

10

Turkey Sausage Square

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

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

Side: Pinto Beans

12

Turkey Breakfast Sandwich

Beef Crisp Ups
-or- Bean & Cheese Burrito

Side: Tortilla Soup
Side: Tortilla Chips

13

Maple Chip Pancakes
with Syrup Cup

Side: Variety Vegetable Juice

Beef & Pork Pepperoni Pizza
-or- Cheese Pizza

Side: Various Vegetable Juice

16

Pork Pancake Pup with
Syrup Cup

Side: Strawberry Banana
Yogurt Smoothie

Cheese Quesadilla
with Red Sauce
-or-

Cheese Pocket
Side: Marinara Dipping Sauce
Cup

17

Plain Bagel with Cream Cheese

Pork Carnitas Tacos
-or- Bean & Cheese Burrito

Side: Pinto Beans

18

Chicken Chili Crispito

Side: Salsa Picante, Mild
Side: Various Vegetable Juice

Beef Bolognese Pasta
-or- Garlic Cheese Toast

Side: Garlic Bread Stick

19

Chicken Biscuit Breakfast
Sandwich

Popcorn Chicken
-or- Kickin' Tenders

Side: Mashed Potatoes
Side: Buttermilk Biscuit

20

Maple Chip Pancakes
with Syrup Cup

Cheeseburger
-or- Cheese Pizza

Side: Tater Tots
Side: Various Vegetable Juice