



# May 2025 High School Menu

**Select Sites –**  
**Additional Menu Items:**  
M, W, F – Chicken Caesar Salad  
T, THU – Roasted Turkey Sandwich

**Lunch Entrée Shuffle**  
5/5 Sukhi's Butter Chicken Bowl  
or Channa Masala Bowl  
**\*\*NEW ITEM\*\***  
5/6 Lemon Pepper Wings  
5/21 Beef Bolognese Pasta

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: Freshly prepared by the Central Kitchen:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BREAKFAST

Turkey Breakfast Square  
-or-  
Egg & Sausage  
Breakfast Bowl

Chicken Chili Crispito  
w/ Molcajete Salsa  
-or-  
Strawberry Breakfast  
Parfait

Breakfast Burrito   
-or-  
Fresh Baked  
Variety Muffin

Chicken Chili Crispito  
w/ Molcajete Salsa  
-or-  
Strawberry Breakfast  
Parfait

Breakfast Chicken Sliders  
w/ Potato Bites  
-or-  
Pancake Pup w/ Pork  
Sausage

## LUNCH

Beef & Cheese Rollups  
-or- Beef & Pork Pepperoni  
Pizza  
-or- Cheese Pizza   
-or- Spicy Chicken Wrap  
Side: Edamame w/  
Lime Juice & Tajin

Chili & Cornbread   
-or- Beef CrispUps  
w/ Refried Beans   
-or- Chicken Caesar  
Salad   
Side: Various Vegetable  
Juice

Chicken Pasta Alfredo w/  
Garlic Breadstick  
-or- Spicy Chicken  
Sandwich  
-or- Roasted Turkey  
Sandwich   
Side: House Salad

Beef Cheeseburger &  
Tater Tots  
-or- Mandarin Chicken Bowl  
-or- Chicken Caesar Salad  
Side: House Salad

Salsa Verde Chicken  
Burrito   
-or- Beef & Cheese  
Nachos   
-or- Spicy Chicken Wrap  
Side: House Salad



Nutrition Services  
916-395-5600  
thecentralkitchen.org



@theCentralKitchenSAC



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This institution is an equal opportunity provider. Menus subject to change.



# April 28 - May 2

## Say Thanks to your School Lunch Hero!



### Fresh for May!

We're excited to introduce a new lineup of delicious, freshly prepared items from our Central Kitchen—now available on your salad bars this May! Each dish is crafted with quality ingredients and packed with flavor to keep your meals vibrant and satisfying.



**Cowboy Caviar**   
A bold and colorful mix of black beans, corn, peppers, and tomatoes, tossed in a zesty lime vinaigrette.



**Hummus**   
Smooth and creamy chickpea dip, blended with tahini, lemon, and garlic—perfect with veggies or pita.



**Potato Salad**   
A classic favorite made with tender potatoes, crisp celery, and a creamy, tangy dressing.



**Pasta Salad**   
Chilled pasta with fresh vegetables and feta, dressed in a light Italian vinaigrette.



**Vegetable Medley**   
A seasonal assortment of roasted or steamed veggies, simply seasoned and full of color.

**Come taste what's fresh this month — we can't wait for you to try them!**