

August 2025

Comp 5 High School

All meals include: Fat-free, low-fat or lactose-free milk choices.
Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.
Various seasonal fruit offerings available for breakfast and lunch.

Monday

18

Turkey Sausage Square
-or- Fruit & Yogurt Parfait 🌱

Hot Dog Meal
-or- Mango Jalapeño Meatballs Bowl
-or- Honey Chipotle Chicken Wrap
-or- Chicken Caesar Salad
-or- Kickin' Nugget Bowl 🌱
-or- Hummus Bento Box 🌱

Side: Edamame w/ Lime Juice & Tajin 🌱

25

Turkey Sausage Square
-or- Fruit & Yogurt Parfait 🌱

Corn Dog Meal
-or- Mango Jalapeño Meatballs Bowl
-or- Honey Chipotle Chicken Wrap
-or- Chicken Caesar Salad
-or- Kickin' Nugget Bowl 🌱
-or- Hummus Bento Box 🌱

Side: Edamame w/ Lime Juice & Tajin 🌱

Tuesday

19

Pancake Sausage Pup
-or- WG Fresh Baked Muffin 🌱

Popcorn Chicken Bowl
-or- Rolled Crisp Ups w/Salsa
-or- Turkey Bagel Sandwich
-or- Chicken Caesar Salad
-or- Kickin' Nugget Bowl 🌱

Side: House Salad 🌱

26

Breakfast Turkey Cheese Sandwich
-or- WG Fresh Baked Muffin 🌱

BBQ Chicken Wing Meal
-or- Carne Asada Nachos
-or- Spicy Chicken Wrap
-or- Chicken Caesar Salad
-or- Spicy Kickin' Patty Wrap 🌱
-or- Bean & Cheese Nachos 🌱

Side: House Salad 🌱

Wednesday

20

Egg & Potato Bites
-or- Fruit & Yogurt Parfait 🌱

Chicken Pasta Alfredo Meal
-or- Spicy Chicken Sandwich Meal
-or- Honey Chipotle Chicken Wrap
-or- Chicken Caesar Salad
-or- Kickin' Patty Sandwich Meal 🌱
-or- Hummus Bento Box 🌱

Side: Edamame w/ Lime Juice & Tajin 🌱

27

Egg & Potato Bites
-or- Fruit & Yogurt Parfait 🌱

Chicken Pasta Alfredo Meal
-or- Spicy Chicken Sandwich Meal
-or- Honey Chipotle Chicken Wrap
-or- Chicken Caesar Salad
-or- Kickin' Patty Sandwich Meal 🌱
-or- Hummus Bento Box 🌱

Side: House Salad 🌱

Thursday

21

French Toast Sticks
-or- WG Fresh Baked Muffin 🌱

Beef Cheeseburger Meal
-or- Orange Chicken Bowl
-or- Turkey Bagel Sandwich
-or- Chicken Caesar Salad
-or- Tofu Curry Bowl w/ Veggies 🌱

Side: Edamame w/ Lime Juice & Tajin 🌱

28

Breakfast Burrito
-or- WG Fresh Baked Muffin 🌱

Beef Cheeseburger Meal
-or- Orange Chicken Bowl
-or- Spicy Chicken Wrap
-or- Chicken Caesar Salad
-or- Tofu Curry Bowl w/ Veggies 🌱
-or- Spicy Kickin' Patty Wrap 🌱

Side: House Salad 🌱

Friday

22

Crispito w/ Salsa
-or- Fruit & Yogurt Parfait 🌱

Chile Verde Chicken Burrito Meal
-or- Dill Chicken Sandwich Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱
-or- Chicken Caesar Salad
-or- Hummus Bento Box 🌱

Side: Edamame w/ Lime Juice & Tajin 🌱

Additional Vegetarian Options Available

29

Crispito w/ Salsa
-or- Fruit & Yogurt Parfait 🌱

Chile Verde Chicken Burrito Meal
-or- Dill Chicken Sandwich Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱
-or- Chicken Caesar Salad
-or- Hummus Bento Box 🌱

Side: Garden Salsa Sun Chips 🌱

Additional Vegetarian Options Available

Vegetarian: 🌱

Freshly prepared by the Central Kitchen:



A Message from the Central Kitchen

It takes nearly 350 dedicated team members to serve more than 40,000 meals every single day. From the early-morning warehouse crews delivering to 80 school sites, to the office staff managing behind-the-scenes purchasing, logistics, menu planning and inventory, to our Central Kitchen chefs preparing fresh, scratch-made meals, to the site teams greeting every student with a smile – we are united in our mission to nourish our students.

Thanks to California's Universal Meals Program, breakfast and lunch are free to every student, every day. These aren't "no-cost" meals – they're fully-funded investments in our kids' health, growth, and learning. And every meal enjoyed supports the continued growth of our program, allowing us to expand menus, try new recipes and bring even more variety to the table.

Bringing lunch from home? Students can still round out their meal with ice-cold milk, fresh fruit, crunchy organic salad or house-made hummus – free of charge. This August, our salad bars are stocked with **Vierra Farms** local watermelon and **J&J Ramos Farms** local sweet stone fruits and juicy strawberries, all grown right here in California.

We can't wait to welcome students back to our school restaurants where there's always a seat saved and a nourishing meal waiting.



Nutrition Services
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thecentralkitchen.org



@theCentralKitchenSAC



scusdCentralKitchen

CENTRAL KITCHEN

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

