

August 2025

Middle 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.

Lunch options: Listed entrée or a Sunbutter Sandwich meal with sides.

Various seasonal fruit offerings available for breakfast and lunch.

Monday

Tuesday

Wednesday

Thursday

Friday

18

Turkey Sausage Square
-or- Fruit & Yogurt Parfait 🌱

Hot Dog Meal

-or- Cheese Pocket Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱

Side: Edamame w/ Lime
Juice & Tajin 🌱

19

Pork Pancake Pup
w/ Syrup Cup
-or- WG Fresh Baked
Muffin 🌱

Popcorn Chicken Bowl
-or- Rolled Crisp Ups w/
Salsa Molcajete
-or- Turkey Bagel Sandwich
-or- Kickin' Nugget Meal 🌱
Side: House Salad 🌱

20

Egg and Potato Bites 🍳
-or- WG Fresh Baked Muffin 🌱

Chicken Alfredo Pasta Meal
-or- Spicy Chicken Sandwich
Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱
-or- Chicken Caesar Salad
-or- Kickin' Patty Sandwich
Meal 🌱
Side: House Salad 🌱

21

French Toast Sticks 🌱
w/ Syrup Cup
-or- WG Fresh Baked Muffin 🌱

Beef Cheeseburger Meal
-or- Orange Chicken Bowl
-or- Turkey Bagel Sandwich
-or- Hummus Bento Box 🌱
-or- Tofu Curry Bowl 🌱
-or- Kickin' Patty Sandwich 🌱
Side: House Salad 🌱

22

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

Chile Verde Chicken Burrito
Meal
-or- Dill Chicken Sandwich Meal
-or- Papa Murphy's
Pepperoni Pizza
-or- Papa Murphy's
Cheese Pizza 🌱
Side: Garden Salsa Sun Chips 🌱

Additional Vegetarian Options Available

25

Turkey Sausage Square
-or- Fruit & Yogurt Parfait 🌱

Chicken Corn Dog Meal
-or- Buffalo Chicken Pocket
Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱
Side: Edamame w/ Lime
Juice & Tajin 🌱

26

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

BBQ Chicken Wing Meal 🍳
-or- Carne Asada Nachos 🍳
-or- Honey Chipotle Chicken
Wrap 🍳
-or- Hummus Bento Box 🌱
-or- Bean & Cheese Nachos 🌱
Side: House Salad 🌱

27

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

Chicken Alfredo Pasta Meal
-or- Spicy Chicken Sandwich
Meal
-or- Pepperoni Pizza Meal
-or- Cheese Pizza Meal 🌱
-or- Chicken Caesar Salad
-or- Kickin' Patty Sandwich
Meal 🌱
Side: House Salad 🌱

28

Breakfast Burrito 🍳
-or- WG Fresh Baked Muffin 🌱

Beef Cheeseburger Meal
-or- Orange Chicken Bowl
-or- Spicy Chicken Sandwich
Meal
-or- Hummus Bento Box 🌱
-or- Tofu Curry Bowl 🌱
-or- Kickin' Patty Sandwich 🌱
Side: House Salad 🌱


29

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

Chile Verde Chicken Burrito
Meal
-or- Dill Chicken Sandwich Meal
-or- Papa Murphy's
Pepperoni Pizza
-or- Papa Murphy's
Cheese Pizza 🌱
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
916-395-5600
thecentralkitchen.org



@theCentralKitchenSAC



scusdCentralKitchen

CENTRAL KITCHEN

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

