## October 2025 **High School Menu**

Monday

Turkey Sausage Square

Yogurt Parfait with Berry

Compote 🌑 🥍

Corn Dog with Tex Mex

Mac & Cheese ®

Mango Jalapeno

Meatballs with Tex Mex

Mac & Cheese ®

Kick'n Nuggets with

Tex Mex Mac & Cheese

Honey Chipotle Chicken

Wrap 🌑

Chicken Caesar Salad

Hummus Bento Box ®

Edamame with Lime &

Tajin 🥍

Seasonal Fruit &

Vegetable Offerings

All students can receive breakfast and lunch at no charge, each day.

All meals include: Fat-free, low-fat or lactose-free milk choices. Breakfast options: Listed entrée or General Mills Whole Grain Cereal with orange juice, sides, and seasonal fresh fruit.

BREAKFAST

LUNCH

SID

**Nutrition Services** 916-395-5600 thecentralkitchen.org



Sunrise Cheddar Jalapeño Sando

Fresh Baked Pumpkin or Apple Cinnamon Muffin

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Tuesday

BBQ Chicken Wings & Cornbread

Carne Asada Nachos ®

Bean & Cheese Nachos with Pickled Carrots & Jalapeños 🕲 🥍

Jalapeño Turkey Club

Chicken Caesar Salad

Sunbutter with Yogurt Parfait 🥍

House Salad

Seasonal Fruit &

Vegetable Offerings

Egg & Potato Bites ®

Wednesday

Yogurt Parfait with Berry Compote ® 🔰 Loaded Breakfast Burrito ®

Thursday

Fresh Baked Pumpkin or Apple Cinnamon Muffin Crispito with Roasty Toasty Salsa 🏶

Friday

Yogurt Parfait with Berry Compote 🏶 🥍

Chicken Alfredo

Spicy Chicken Sandwich

Kickin' Patty Sandwich V

Honey Chipotle Chicken Wrap ®

Chicken Caesar Salad

Hummus Bento Box ® Beef Cheeseburger

Orange Chicken Bowl with Vegetable Medley ®

Jalapeño Turkey Club

Chicken Caesar Salad

Yellow Tofu Curry Bowl with Veggies 🏶 🥍

> Sunbutter with Yogurt Parfait 💜

Chile Verde Chicken Burrito (

Bean & Cheese Burrito @

Dill Chicken Sandwich

Kick'n Patty Sandwich

Pepperoni Pizza

Cheese Pizza

Chicken Caesar Salad

Hummus Bento Box ®

House Salad

Seasonal Fruit & Vegetable Offerings

Vegetarian:

House Salad

Seasonal Fruit & Vegetable Offerings Variety Juice 🤎

Sun Chips 🦃

Seasonal Fruit & Vegetable Offerings



## October is National Farm to School Month!

Supporting local growers isn't just about fresher, more nutritious meals—it's about strengthening our entire community. According to the USDA, every dollar spent on local food generates an additional \$1.76 in local economic

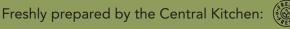
activity, creating jobs and supporting family farms. When you choose meals from The Central Kitchen you're nourishing our local economy and building a more sustainable food system for everyone.











**NATIONAL**