

# October 2025 High School Menu

**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.

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

Turkey Sausage Square  
Yogurt Parfait with Berry  
Compote 🌱

Sunrise Cheddar Jalapeño  
Sando  
Fresh Baked Pumpkin or  
Apple Cinnamon Muffin 🌱

Egg & Potato Bites 🌱  
Yogurt Parfait with  
Berry Compote 🌱

Loaded Breakfast Burrito 🌱  
Fresh Baked Pumpkin or  
Apple Cinnamon Muffin 🌱

Crispito with Roasty  
Toasty Salsa 🌱  
Yogurt Parfait with Berry  
Compote 🌱

LUNCH

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 🌱

BBQ Chicken Wings &  
Cornbread  
Carne Asada Nachos 🌱  
Bean & Cheese Nachos  
with Pickled Carrots &  
Jalapeños 🌱  
Jalapeño Turkey Club  
Chicken Caesar Salad  
Sunbutter with  
Yogurt Parfait 🌱

Chicken Alfredo  
Spicy Chicken Sandwich  
Kickin' Patty  
Sandwich 🌱  
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 🌱

SIDES

Edamame with Lime &  
Tajin 🌱  
Seasonal Fruit &  
Vegetable Offerings 🌱

House Salad 🌱  
Seasonal Fruit &  
Vegetable Offerings 🌱

House Salad 🌱  
Seasonal Fruit &  
Vegetable Offerings 🌱

House Salad 🌱  
Seasonal Fruit &  
Vegetable Offerings 🌱

Variety Juice 🌱  
Sun Chips 🌱  
Seasonal Fruit &  
Vegetable Offerings 🌱



Nutrition Services  
916-395-5600  
thecentralkitchen.org



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

## 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.



scusdCentralKitchen



@theCentralKitchenSAC

Vegetarian:



Freshly prepared by the Central Kitchen:

