

October 2025

Middle 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 🌱
Kick'n Nuggets with
Tex Mex Mac & Cheese
Buffalo Chicken Pocket
Pepperoni Pizza
Cheese Pizza 🌱
Sunbutter with Yogurt
Parfait 🌱

BBQ Chicken Wings &
Cornbread
Carne Asada Nachos 🌱
Bean & Cheese Nachos
Jalapeño Turkey Club
Hummus
Bento Box 🌱

Chicken Alfredo
Spicy Chicken Sandwich
Kickin' Patty
Sandwich 🌱
Pepperoni Pizza
Cheese Pizza 🌱
Chicken Caesar Salad

Beef Cheeseburger
Kick'n Patty Sandwich 🌱
Orange Chicken Bowl
with Vegetable
Medley 🌱
Spicy Chicken Sandwich
Yellow Tofu Curry
Bowl 🌱
Hummus
Bento Box 🌱

Chicken Colorado
Burrito 🌱
Bean & Cheese Burrito
Dill Chicken Sandwich
Kick'n Patty Sandwich 🌱
Papa Murphy's
Pepperoni Pizza
Papa Murphy's Cheese
Pizza 🌱
Sunbutter with Yogurt
Parfait 🌱

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:

