

October 2025

Small 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 🍓 🌿

Egg & Potato Bites
🍳 🌿

Fresh Baked Pumpkin
or Apple Cinnamon
Muffin 🌿

Crispito with Roasty
Toasty Salsa 🍓

LUNCH

Corn Dog with
Tex Mex
Mac & Cheese 🍓
Pepperoni Pizza
Cheese Pizza 🌿
Chicken Caesar Salad

BBQ Chicken Wings
& Cornbread
Dill Chicken
Sandwich
Kickin' Patty
Sandwich 🌿
Hummus
Bento Box 🍓 🌿

Chicken Alfredo
Spicy Chicken
Sandwich
Kickin' Patty
Sandwich 🌿
Chicken Caesar Salad

Beef Cheeseburger
Honey Chipotle
Chicken Wrap 🍓
Kickin' Patty
Sandwich 🌿
Sunbutter with
Yogurt Parfait 🌿

Chicken Colorado
Burrito 🍓
Bean & Cheese
Burrito 🍓 🌿
Kickin' Patty
Sandwich 🌿
Pepperoni Pizza
Cheese Pizza 🌿

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.



scusdCentralKitchen



@theCentralKitchenSAC

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
FARM to
SCHOOL
MONTH



Vegetarian: 🌿

Freshly prepared by the Central Kitchen:

