



October 2025

Elementary K-8

Monday

Tuesday

Wednesday

Thursday

Friday

October is National Farm to School Month!



Fun for kids! Scan the QR code to link to a downloadable coloring sheet!



All meals include: Fat-free, low-fat or lactose-free milk choices.
Breakfast options: Listed entrée or General Mills Whole Grain Cereal with graham crackers and various fresh fruit options.
Lunch options: Listed entrées include access to unlimited salad bars full of seasonal fruit and vegetable offerings.
Various seasonal fruit offerings available for breakfast and full unlimited produce bar available at lunch.

1

Turkey Sausage Breakfast Sandwich

Chicken Corn Dog
Buffalo Chicken Pocket
Sunbutter with Yogurt
Side: Cheez-It Crackers

2

Fresh Baked Pumpkin or Apple Cinnamon Muffin

Sweet & Sour Chicken
Mango Jalapeno Meatballs
Yellow Tofu Curry
Side: Brown Rice

3

Chicken Crispito with Roasty Toasty Salsa

Homestyle Chicken Strips
French Bread Pizza
Sunbutter with Yogurt
Side: Raspberry Passion Fruit Slush

6

Cinnamon Spice Loaf

Beef Cheeseburger
Kickin' Patty Sandwich
Sunbutter with Yogurt
Side: Tater Tots

7

Egg Bites with Crispy Potato Bites

NATIONAL TACO DAY

Beef Soft Taco
Bean & Cheese Soft Taco
Quesadilla with Red Sauce
Side: Pico de Gallo
Side: Raspberry Passion Fruit Slush

8

Parfait Cup with Berry Compote

Beef Marinara Spiral Pasta
Buffalo Chicken Pocket
Sunbutter with Yogurt
Side: Garlic Breadstick

9

Fresh Baked Pumpkin or Apple Cinnamon Muffin

Mandarin Orange Chicken
Yellow Chicken Curry
Yellow Tofu Curry
Side: Brown Rice with Vegetable Medley Blend

10

Chicken Crispito with Roasty Toasty Salsa

Beefy Smackin' Joes
French Bread Pizza
Side: Mac & Cheese

13

Turkey Breakfast Square

Dill Chicken Sandwich
Kickin' Patty Sandwich
Sunbutter with Yogurt
Side: Tater Tots

14

Scrambled Eggs with Turkey Bacon

Carne Asada Walking Taco
Beef CrispUps
Quesadilla with Red Sauce
Side: Pico de Gallo

15

Turkey Sausage Breakfast Sandwich

Chicken Corn Dog
Buffalo Chicken Pocket
Sunbutter with Yogurt
Side: Cheez-It Crackers

16

Fresh Baked Pumpkin or Apple Cinnamon Muffin

Sweet & Sour Chicken
Mango Jalapeno Meatballs
Yellow Tofu Curry
Side: Brown Rice

17

Chicken Crispito with Roasty Toasty Salsa

NATIONAL PASTA DAY
Chicken Alfredo
French Bread Pizza
Sunbutter Meal
Side: Raspberry Passion Fruit Slush



scusdCentralKitchen



@theCentralKitchenSAC

Vegetarian:



Freshly prepared by the Central Kitchen:



Monday

Tuesday

Wednesday

Thursday

Friday

20

CK Cinnamon Spice
Loaf 🌱

Beef Cheeseburger
Kickin' Patty Sandwich 🌱
Sunbutter with Yogurt 🌱
Side: Tater Tots

21

Egg Bites 🌱
with Crispy Potato Bites

Beef Soft Taco 🌱
Bean & Cheese Soft Taco 🌱
Quesadilla with Red Sauce 🌱
Side: Raspberry Passion Fruit
Slush

22

Parfait Cup
with Berry Compote 🌱

Beef Marinara Spiral Pasta 🌱
Buffalo Chicken Pocket
Sunbutter with Yogurt 🌱
Side: Garlic Breadstick

23

Fresh Baked Pumpkin or
Apple Cinnamon Muffin 🌱

Mandarin Orange Chicken
Yellow Chicken Curry 🌱
Yellow Tofu Curry 🌱
Side: Brown Rice with Vegetable
Medley Blend 🌱

24

Chicken Crispito with
Roasty Toasty Salsa 🌱

Beefy Smackin' Joes 🌱
French Bread Pizza 🌱
Side: Mac & Cheese 🌱

27

Turkey Breakfast Square

Dill Chicken Patty Sandwich
Kickin' Patty Sandwich 🌱
Sunbutter with Yogurt 🌱
Side: Tater Tots

28

Egg Bites 🌱
with Crispy Potato Bites

Carne Asada Walking Taco 🌱
Beef CrispUps
Quesadilla with Red Sauce 🌱
Side: Pico de Gallo 🌱

29

Turkey Sausage Breakfast
Sandwich

Chicken Corn Dog
Buffalo Chicken Pocket
Sunbutter with Yogurt 🌱
Side: Cheez-It Crackers

30

Fresh Baked Pumpkin or
Apple Cinnamon Muffin 🌱

Sweet & Sour Chicken
Mango Jalapeno Meatballs
Yellow Tofu Curry 🌱
Side: Brown Rice

31

Chicken Crispito with
Roasty Toasty Salsa 🌱

Homestyle Chicken Strips
French Bread Pizza 🌱
Sunbutter with Yogurt 🌱
Side: Raspberry Passion Fruit
Slush

Celebrating National Farm to School Month!

This October, we're proud to celebrate National Farm to School Month by showcasing our commitment to local sourcing! The Central Kitchen goes beyond just fruits and vegetables—we source local rice, tortillas, and even locally made batter for our fresh-baked muffins, bringing the best of our region straight to your plate.

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, supporting family farms, and keeping our food dollars working right here at home.



SOIL BORN FARMS
urban agriculture & education project

Fun Fact!

Soil Born Farms grows 500 heads of organic romaine lettuce a week — specifically for your students! All of our romaine comes directly from their farm, organically grown for all SCUSD students!

When you choose meals from The Central Kitchen, you're not just nourishing students—you're nourishing our local economy and building a more sustainable food system for everyone. Taste the difference that local makes!



Nutrition Services
916-395-5600
thecentralkitchen.org

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