



December 2025

Elementary K-8

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.

Sunbutter Meal 🌱 offered daily as an alternate choice to listed entrees for lunch.

Monday

1

Maple Chip Pancakes 🌱

Birra & Cheese Pupusa

Cheesy Pocket with
Marinara 🌱

Tuesday

2

Turkey Breakfast Square

Beef & Cheese CrispUps

Plant-Based Kickn'
Nuggets 🌱

Wednesday

3

Country Biscuits and
Pork Gravy 🌱

Popcorn Chicken

Hearty Vegetarian Chili
🌱

Side: Corn Bread 🌱

Thursday

4

Chicken Crispito &
Roasty Toasty Salsa 🌱

Yellow Chicken Curry 🌱

Garam Masala Tofu with
Yellow Curry 🌱

Side: Brown Rice 🌱

Friday

5

Eggoji Waffles 🌱

Beef Cowboy Stew 🌱

Bean & Cheese Pupusa
🌱

Side: Mashed Potatoes
and Dinner Roll 🌱

8

Pancake Pup

Homestyle Chicken
Pot Pie 🌱

Mac & Cheese 🌱

9

Chicken Breakfast Slider

Beef Soft Taco 🌱

Plant Based Soft Taco 🌱

Sides: Tortilla Chips 🌱
Fresh-Made Refried Beans
🌱

Roasty Toasty Salsa 🌱

10

Fresh-Baked Pumpkin
Loaf 🌱

Mandarin Orange
Chicken

Garam Masala Tofu with
Yellow Curry 🌱

Side: Brown Rice 🌱

11

Scrambled Eggs 🌱

Homemade Beef
Bolognese 🌱

Southwest Tortilla Soup
w/ Grilled Cheese

Croissant 🌱

Side: Sunchips 🌱

12

French Toast w/
Fruit Compote 🌱

Pepperoni Pizza

Cheese Pizza 🌱

On salad bars this month look for
local mandarins from
Mandarin Hill Orchards in Penryn, CA!



Mandarin Hill
ORCHARDS



Help shape school food!

We want your honest feedback on some of our new Central Kitchen offerings! Your opinion matters! As said by one of our parents, "Thank you for the variety that you offer. My kids have been less picky about their food since they try new things at school."



scusdCentralKitchen



@theCentralKitchenSAC

Vegetarian: 🌱

Freshly prepared by the Central Kitchen:



Monday

15

Maple Chip Pancakes 🌿

Honey Chipotle Chicken
Soft Taco 🌿

Bean and Cheese Burrito 🌿

Sides: Tortilla Chips 🌿
Roasty Toasty Salsa 🌿

Tuesday

16

Turkey Breakfast Square

Turkey & Gravy

Plant-Based Kickn'
Nuggets 🌿

Side: Mashed Potatoes
with Dinner Roll

Wednesday

17

Country Biscuits and
Pork Gravy 🌿

WINTER FEAST!

Chicken Chile Verde Plate 🌿
Quesadilla with Red Sauce 🌿

Side: Tortilla Chips 🌿
Brown Rice 🌿

Thursday

18

Chicken Crispito &
Roasty Toasty Salsa 🌿

Yellow Chicken Curry 🌿

Garam Masala Tofu with
Yellow Curry 🌿

Side: Brown Rice 🌿

Friday

19

Eggoji Waffles 🌿

Beef Taco Crisp Ups
Bean & Cheese Pupusa 🌿

DEC. 22 - JAN. 2 ENJOY YOUR HOLIDAY BREAK!



What Makes Mandarin Hill Orchards Citrus So Good?

The answer is simple. The warm days and cool nights in our little foothills town of Penryn are perfect for growing citrus. We let our fruit stay on our trees until they are at their peak of ripeness, and then we pick them by hand to make sure each one is as sweet and delicious as possible.

We've been growing citrus this way for 70 years. Mandarin Hill Orchards is owned and operated by the Aguilar family, and we're proud to be one of the oldest Mandarin orchards in Placer County. We even have producing mandarin trees that date back to the 1880s. Really. Come by, and we'll show you.

Fun Fact!

Mandarins are **Vitamin C Superstars!** One mandarin has about 25-30 milligrams of vitamin C – that's almost half of what kids need each day! Vitamin C helps your body heal cuts and scrapes and keeps you from getting sick.

Join Us for Our Winter Feast on December 17th!

Warm up with Central Kitchen's homemade chicken chili verde plate, featuring slow-roasted fresh tomatillos and poblano peppers that create a rich, flavorful broth. Our culinary team will roast over 1,200 pounds of fresh tomatillos to bring this comforting dish to life—a true labor of love for our students! As always, meals are free every day, to every student! Join us! We saved you a seat!



**WE SAVED
YOU A SEAT**



Nutrition Services
916-395-5600
thecentralkitchen.org

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