# January 2026
## High School Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| BREAKFAST | Maple Chip Pancakes with Scrambled Eggs<br>Blueberry Bagel & Cream Cheese | Breakfast Chicken Slider with Tots<br>Fresh Baked Cinnamon Muffin | Biscuits and Pork Sausage Gravy<br>Banana Bread | Chicken Crispito with Roasty Toasty Salsa<br>Fresh Baked Cinnamon Muffin | French Toast with Seasonal Fruit Compote<br>Blueberry Bagel & Cream Cheese |
| LUNCH | Buffalo Popcorn Chicken Bowl with Mac & Cheese (plant-based alternative available)<br>Savory Chicken Pot Pie with Mashed Potatoes<br>Chicken Caesar Salad<br>Hummus Wrap with Tzatziki | Chicken Alfredo (vegetarian options available)<br>*Alternates weekly with* Housemade Bolognese<br>Spicy Chicken Sandwich with Tater Tots<br>Honey Chipotle Chicken Southwest Salad (vegetarian option available) | Korean BBQ Chicken Bowl with Vegetable Medley<br>Korean BBQ Tofu Bowl with Vegetable Medley<br>Spicy Chicken Wrap<br>Chicken Caesar Salad<br>Hummus Wrap with Tzatziki | Southwest Tortilla Soup with Quesadilla<br>Yellow Curry Chicken with Brown Rice & Vegetable Medley<br>Yellow Curry Tofu with Brown Rice & Vegetable Medley<br>Honey Chipotle Chicken Southwest Salad (vegetarian option available) | Cowboy Beef Stew with Mashed Potatoes and Cornbread<br>Chicken Colorado Burrito<br>Pepperoni Pizza<br>Cheese Pizza<br>Hummus Wrap with Tzatziki |
| SIDES | Jicama with Lime & Tajin | Crunchy Broccoli Slaw | Sesame Slaw with Edamame | Edamame with Lime & Tajin | Side House Salad |

Sac City Unified School District
Nutrition Services
916-395-5600
thecentralkitchen.org

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

CENTRAL KITCHEN

**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.

scusdCentralKitchen @theCentralKitchenSAC

Vegetarian:

Freshly prepared by the Central Kitchen: