

February 2026

Small High School Menu

Please note: Menu is subject to change, specifically on Tuesday, February 10th and February 17th, after the Monday Holidays!

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

Blueberry Bagel & Cream Cheese 🌱
Cereal Variety 🌱

Fresh Baked Cinnamon Muffin 🌱
Cereal Variety 🌱

Banana Bread 🌱
Cereal Variety 🌱

Chicken Crispito with Roasty Toasty Salsa 🌱
Cereal Variety 🌱

French Toast & Scrambled Eggs with Seasonal Fruit Compote 🌱
Cereal Variety 🌱

LUNCH

Savory Chicken Pot Pie 🌱 with Mashed Potatoes
Spicy Chicken Wrap
Hummus Wrap with Tzatziki 🌱

Chicken Alfredo (vegetarian options available) 🌱
Alternates weekly with Housemade Bolognese 🌱
Spicy Chicken Sandwich with Tater Tots
Seasonal Fruit Yogurt Parfait with Sunbutter 🌱

Korean BBQ Chicken Bowl 🌱 with Vegetable Medley 🌱
Pepperoni Pizza
Cheese Pizza 🌱

Southwest Tortilla Soup with Garlic Cheese Toast 🌱
Yellow Curry Chicken with Brown Rice & Vegetable Medley 🌱
Yellow Curry Tofu with Brown Rice & Vegetable Medley 🌱

Chicken Colorado Burrito 🌱
Bean & Cheese Burrito 🌱
Chicken Caesar Salad

SIDES

Jicama with Lime & Tajin 🌱

Crunchy Broccoli Slaw 🌱

Sesame Slaw with Edamame 🌱

Edamame with Lime & Tajin 🌱

Side House Salad 🌱



Nutrition Services
916-395-5600
thecentralkitchen.org



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.

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



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Vegetarian: 🌱



Freshly prepared by the Central Kitchen:

