

Menu subject to change without notice.

**Sacramento City Unified School District  
 SPRING Middle School Menu:  
 4/6/2026 - 4/10/2026**

|  | <b>Monday 4/6</b>   | <b>Tuesday 4/7</b>  | <b>Wednesday 4/8</b>  | <b>Thursday 4/9</b>   | <b>Friday 4/10</b>  |
|--|---|---|---|---|---|
| <b>BREAKFAST</b>   | Pancake & Sausage Pup (P)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk                               | Biscuit & Sausage Gravy (P)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Oranges<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk    | Chicken Crispito w/ Salsa (C)<br>-or- Chef's Choice<br>-or- Whole Grain Cereal<br>SIDE: Diced Peach Cup<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk | Breakfast Burrito (D)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Banana<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk         | Oatmeal Round & Yogurt (D)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk    |
| <b>LUNCH</b>   | Chicken Crispito Meal (C)<br>-or- Corn Dog Meal (C)<br>SIDE: Bagged Cherry Tomatoes<br>SIDE: Diced Peach Cup<br>SIDE: Strawberry Fruit Cup<br>SIDE: Juice, Sun Splash 4oz<br>SIDE: Milk | Beef Bolognese Pasta (B,D)<br>-or- Honey Chipotle Chicken Bowl (C)<br>SIDE: House Salad (V)<br>SIDE: Fresh Whole Apples<br>SIDE: Dried Cherries<br>SIDE: Milk | Teriyaki Chicken Bowl (C)<br>-or- Pepperoni Pizza (P,B,D,)<br>SIDE: Caesar Salad (V)<br>SIDE: Fresh Oranges<br>SIDE: Fresh Banana<br>SIDE: Milk | Chicken & Rice Soup Meal (C,D)<br>-or- Butter Chicken Bowl<br>SIDE: House Salad (V)<br>SIDE: Strawberry Fruit Cup<br>SIDE: Fresh Whole Apples<br>SIDE: Milk | Carnitas Chile Verde Burrito (P,D)<br>-or- Spicy Chicken Sandwich Meal<br>SIDE: House Salad (V)<br>SIDE: Fresh Oranges<br>SIDE: Diced Peach Cup<br>SIDE: Milk |
| <b>VEG ALTERNATIVE</b>   | -or- Quesadilla w/ Red Sauce Meal (V,D)   | -or- Plant Based Bolognese (V,D)<br>-or- Kickin Popcorn Voltage Bowl (V,D)  | -or- Cheese Pizza Meal (V,D)<br>-or- Teriyaki Tofu Bowl (V)   | -or- Sunbutter & Cracker Meal (V,D)<br>-or- Butter Tofu Bowl (V,D)  | -or- Hummus Wrap (V,D)<br>-or- Kickin Patty Sandwich Meal (V)   |
| <b>SALAD BAR</b>   |   |   |   |   |   |
| <b>SNACK</b>   |   |   |   |   |   |
| <b>Menu Key</b><br>P = Contains pork<br>B = Contains beef<br>C = Contains chicken or turkey<br>N = Contains nuts   |   |   | D = Contains dairy<br>V = Vegetarian food item<br>S = Fish or seafood   |   |   |
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**Sacramento City Unified School District  
SPRING Middle School Menu:  
4/13/2026 - 4/17/2026**

|                        | <b>Monday 4/13</b>  | <b>Tuesday 4/14</b>  | <b>Wednesday 4/15</b>  | <b>Thursday 4/16</b>   | <b>Friday 4/17</b>   |
|------------------------|---|--|--|--|--|
| <b>BREAKFAST</b>       | Blueberry Pancakes & Eggs (D)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk         | Biscuit & Sausage Gravy (P)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Banana<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk  | Chicken Crispito w/ Salsa (C)<br>-or- Pumpkin Loaf (D)<br>-or- Whole Grain Cereal<br>SIDE: Diced Peach Cup<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk   | Breakfast Burrito (D)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Lunch Bunch Grapes<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk      | Oatmeal Round & Yogurt (D)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk |
| <b>LUNCH</b>           | Honey Chipotle Chicken Nachos (C,D)<br>-or- Chicken Pot Pie Meal (C, D)<br>SIDE: House Salad (V)<br>SIDE: Diced Peach Cup<br>SIDE: Strawberry Fruit Cup<br>SIDE: Milk | Chicken Pasta Alfredo (C, D)<br>-or- Carnitas Chile Verde Bowl (P)<br>SIDE: Bagged Sliced Apples<br>SIDE: Bagged Cherry Tomatoes<br>SIDE: Fresh Oranges<br>SIDE: Juice, Sun Splash 4oz<br>SIDE: Milk | Butter Chicken Bowl (C,D)<br>-or- Pepperoni Pizza (P,B,D,)<br>SIDE: Caesar Salad (V)<br>SIDE: Fresh Lunch Bunch Grapes<br>SIDE: Fresh Banana<br>SIDE: Bagged Cherry Tomatoes<br>SIDE: Milk | Chicken & Rice Soup Meal (C,D)<br>-or- Orange Chicken Bowl (C)<br>SIDE: Broccoli Salad (V)<br>SIDE: Strawberry Fruit Cup<br>SIDE: Bagged Sliced Apples<br>SIDE: Milk | Hot Dog Meal (B)<br>-or- Cowboy Beef Stew Meal (B,D)<br>SIDE: House Salad (V)<br>SIDE: Fresh Oranges<br>SIDE: Fresh Strawberries<br>SIDE: Milk             |
| <b>VEG ALTERNATIVE</b> | -or- Hummus Wrap (V,D)<br>-or- Plant Based Nachos (V)   | -or- Vegetarian Pasta Alfredo (V,D)<br>-or- Kickin Popcorn Voltage Bowl (V,D)  | -or- Cheese Pizza Meal (V,D)<br>-or- Butter Tofu Bowl (V)  | -or- Sunbutter & Cracker Meal (V)<br>-or- Sweet & Sour Kickin Bowl (V)   | -or- Hummus Wrap (V,D)<br>-or- Kickin Patty Sandwich Meal (V)  |
| <b>SALAD BAR</b>       |   |  |  |  |  |
| <b>SNACK</b>           |   |  |  |  |  |

**Menu Key**

P = Contains pork  
B = Contains beef  
C = Contains chicken or turkey  
N = Contains nuts

D = Contains dairy  
V = Vegetarian food item  
S = Fish or seafood

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**Sacramento City Unified School District  
 SPRING Middle School Menu:  
 4/20/2026 - 4/24/2026**

|                        | <b>Monday 4/20</b>   | <b>Tuesday 4/21</b>  | <b>Wednesday 4/22</b>  | <b>Thursday 4/23</b>  | <b>Friday 4/24</b>   |
|------------------------|--|--|--|---|--|
| <b>BREAKFAST</b>       | Blueberry Pancakes & Eggs (D)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk  | Biscuit & Sausage Gravy (P)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Banana<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk  | Chicken Crispito w/ Salsa (C)<br>-or- Pumpkin Loaf (D)<br>-or- Whole Grain Cereal<br>SIDE: Diced Peach Cup<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk                                       | Breakfast Burrito (D)<br>-or- Fruit & Yogurt Parfait (V,D)<br>-or- Whole Grain Cereal<br>SIDE: Fresh Lunch Bunch Grapes<br>SIDE: Apple Juice, 4oz<br>SIDE: Milk       | Oatmeal Round & Yogurt (D)<br>-or- WG Fresh Baked Muffin (V)<br>-or- Whole Grain Cereal<br>SIDE: Dried Cherries<br>SIDE: CK Grape Juice, 4oz<br>SIDE: Milk     |
| <b>LUNCH</b>           | Buffalo Chicken Bowl (C,D)<br>-or- Beef Cheeseburger Meal (B, D)<br>SIDE: House Salad (V)<br>SIDE: Diced Peach Cup<br>SIDE: Strawberry Fruit Cup<br>SIDE: Milk | Beef Bolognese Pasta (B,D)<br>-or- Honey Chipotle Chicken Bowl (C)<br>SIDE: Bagged Carrot Sticks<br>SIDE: Fresh Oranges<br>SIDE: Bagged Sliced Apples<br>SIDE: Juice, Sun Splash 4oz<br>SIDE: Milk | Teriyaki Chicken Bowl (C)<br>-or- Pepperoni Pizza (P,B,D,)<br>SIDE: Caesar Salad (V)<br>SIDE: Bagged Carrot Sticks<br>SIDE: Fresh Banana<br>SIDE: Fresh Lunch Bunch Grapes<br>SIDE: Milk | Chicken & Rice Soup ,Meal (C)<br>-or- Butter Chicken Bowl (C,D)<br>SIDE: Broccoli Salad (V)<br>SIDE: Bagged Sliced Apples<br>SIDE: Strawberry Fruit Cup<br>SIDE: Milk | Carnitas Chile Verde Burrito (P)<br>-or- Spicy Chicken Sandwich Meal<br>SIDE: House Salad (V)<br>SIDE: Fresh Oranges<br>SIDE: Fresh Strawberries<br>SIDE: Milk |
| <b>VEG ALTERNATIVE</b> | -or- Hummus Wrap (V,D)<br>-or- Buffalo Kickin Nuggets Bowl (V,D)   | -or- Plant Based Bolognese (V,D)<br>-or- Kickin Popcorn Voltage Bowl (V)   | -or- Cheese Pizza Meal (V,D)<br>-or- Teriyaki Tofu Bowl (V)  | -or- Sunbutter & Cracker Meal (V)<br>-or- Butter Tofu Bowl (V,D)  | -or- Hummus Wrap (V,D)<br>-or- Kickin Patty Sandwich Meal (V)  |
| <b>SALAD BAR</b>       |  |  |  |   |  |
| <b>SNACK</b>           |  |  |  |   |  |

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