

Menu subject to change without notice.

**Sacramento City Unified School District
 SPRING Middle School Menu:
 4/27/2026 - 5/1/2026**

	Monday 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30	Friday 5/1
BREAKFAST	Blueberry Pancakes & Eggs (D) -or- WG Fresh Baked Muffin (V) -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: CK Grape Juice, 4oz SIDE: Milk	Biscuit & Sausage Gravy (P) -or- Fruit & Yogurt Parfait (D) -or- Whole Grain Cereal SIDE: Fresh Banana SIDE: Apple Juice, 4oz SIDE: Milk	Chicken Crispito w/ Salsa (C) -or- Pumpkin Loaf (D) -or- Whole Grain Cereal SIDE: Diced Peach Cup SIDE: Apple Juice, 4oz SIDE: Milk	Breakfast Burrito (D) -or- Fruit & Yogurt Parfait (D) -or- Whole Grain Cereal SIDE: Fresh Lunch Bunch Grapes SIDE: Apple Juice, 4oz SIDE: Milk	Oatmeal Round & Yogurt (D) -or- WG Fresh Baked Muffin (V) -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: CK Grape Juice, 4oz SIDE: Milk
LUNCH	Chipotle Chicken Nachos (C,D) -or- Chicken Pot Pie (C,D) SIDE: House Salad (V) SIDE: Diced Peach Cup SIDE: Strawberry Fruit Cup SIDE: Milk	Chicken Pasta Alfredo (C, D) -or- Carnitas Verde Bowl (P) SIDE: Bagged Sliced Apples SIDE: Fresh Oranges SIDE: Fresh Bagged Carrots SIDE: Juice, Sun Splash 4oz SIDE: Milk	Butter Chicken Bowl (C,D) -or- Pepperoni Pizza (P,B,D, SIDE: Caesar Salad (V) SIDE: Fresh Lunch Bunch Grapes SIDE: Fresh Bagged Carrots SIDE: Fresh Banana SIDE: Milk	Chicken & Rice Soup w/ Toast (C,D) -or- Orange Chicken Bowl (C) SIDE: Broccoli Salad (V) SIDE: Strawberry Fruit Cup SIDE: Bagged Sliced Apples SIDE: Milk	Chicken Ramen (C) -or- Cowboy Beef Stew (B) SIDE: House Salad (V) SIDE: Fresh Oranges SIDE: Fresh Strawberries SIDE: Milk
VEG ALTERNATIVE	-or- Hummus Wrap (V,D) -or- Plant Based Nachos (V,D)	-or- Kickin Pasta Alfredo (V,D) -or- Kickin Voltage Bowl (V,D)	-or- Cheese Pizza Meal (V,D) -or- Butter Tofu Bowl (V,D)	-or- Sunbutter & Crackers (V) -or- Sweet & Sour Kickin Bowl (V)	-or- Hummus Wrap (V,D) -or- Kickin Patty Sandwich (V)
SALAD BAR					
SNACK					

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

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status (not all prohibited bases apply to all programs). Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten, 14th & Independence Ave. SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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**Sacramento City Unified School District
 SPRING Middle School Menu:
 5/4/2026 - 5/8/2026**

	Monday 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8
BREAKFAST	Blueberry Pancakes & Eggs -or- WG Fresh Baked Muffin -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: Apple Juice, 4oz SIDE: Milk	Biscuit & Sausage Gravy -or- Fruit & Yogurt Parfait -or- Whole Grain Cereal SIDE: Fresh Banana SIDE: Apple Juice, 4oz SIDE: Milk	Chicken Crispito w/ Salsa -or- Pumpkin Loaf -or- Whole Grain Cereal SIDE: Diced Peach Cup SIDE: Apple Juice, 4oz SIDE: Milk	Breakfast Burrito -or- Fruit & Yogurt Parfait -or- Whole Grain Cereal SIDE: Fresh Lunch Bunch Grapes SIDE: Apple Juice, 4oz SIDE: Milk	Oatmeal Round & Yogurt -or- WG Fresh Baked Muffin -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: Apple Juice, 4oz SIDE: Milk
LUNCH	Buffalo Chicken Bowl -or- Beef Cheeseburger SIDE: House Salad SIDE: Diced Peach Cup SIDE: Mixed Berry Fruit Cup SIDE: Milk	Beef Bolognese Pasta -or- Chipotle Chicken Bowl SIDE: Fresh Oranges SIDE: Bagged Sliced Apples SIDE: Fresh Bagged Carrots SIDE: Juice, Sun Splash 4oz SIDE: Milk	Teriyaki Chicken Bowl -or- Pepperoni Pizza SIDE: Caesar Salad SIDE: Fresh Lunch Bunch Grapes SIDE: Fresh Bagged Carrots SIDE: Fresh Banana SIDE: Milk	Chicken & Rice Soup w/ Toast -or- Butter Chicken Bowl SIDE: Broccoli Salad (V) SIDE: Strawberry Fruit Cup SIDE: Bagged Sliced Apples SIDE: Milk	Carnitas Chile Verde Burrito -or- Spicy Chicken Sandwich SIDE: House Salad SIDE: Fresh Oranges SIDE: Fresh Strawberries SIDE: Milk
VEG ALTERNATIVE	-or- Hummus Wrap -or- Buffalo Kickin Bowl	-or- Plant Based Bolognese -or- Kickin Voltage Bowl	-or- Cheese Pizza Meal -or- Teriyaki Tofu Bowl	-or- Sunbutter & Crackers -or- Butter Tofu Bowl	-or- Hummus Wrap -or- Kickin Patty Sandwich
SALAD BAR					
SNACK					

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**Sacramento City Unified School District
SPRG Middle School Menu: 5/11/2026 -
5/15/2026**

	Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15
BREAKFAST	Blueberry Pancakes & Eggs -or- WG Fresh Baked Muffin -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: Apple Juice, 4oz SIDE: Milk	Biscuit & Sausage Gravy -or- Fruit & Yogurt Parfait -or- Whole Grain Cereal SIDE: Fresh Banana SIDE: Apple Juice, 4oz SIDE: Milk	Chicken Crispito w/ Salsa -or- Pumpkin Loaf -or- Whole Grain Cereal SIDE: Diced Peach Cup SIDE: Apple Juice, 4oz SIDE: Milk	Breakfast Burrito -or- Fruit & Yogurt Parfait -or- Whole Grain Cereal SIDE: Fresh Lunch Bunch Grapes SIDE: Apple Juice, 4oz SIDE: Milk	Oatmeal Round & Yogurt -or- WG Fresh Baked Muffin -or- Whole Grain Cereal SIDE: Dried Cherries SIDE: Apple Juice, 4oz SIDE: Milk
LUNCH	Honey Chipotle Chicken Nachos -or- Chicken Pot Pie SIDE: House Salad SIDE: Diced Peach Cup SIDE: Strawberry Fruit Cup SIDE: Milk	Chicken Pasta Alfredo -or- Carnitas Chile Verde Bowl SIDE: Bagged Sliced Apples SIDE: Fresh Tangerines SIDE: Fresh Bagged Carrots SIDE: Juice, Sun Splash 4oz SIDE: Milk	Butter Chicken Bowl -or- Pepperoni Pizza SIDE: Caesar Salad SIDE: Fresh Lunch Bunch Grapes SIDE: Fresh Bagged Carrots SIDE: Fresh Banana SIDE: Milk	Chicken & Rice Soup w/ Toast -or- Orange Chicken Bowl SIDE: Broccoli Salad SIDE: Strawberry Fruit Cup SIDE: Bagged Sliced Apples SIDE: Milk	Chicken Ramen -or- Cowboy Beef Stew SIDE: House Salad SIDE: Fresh Tangerines SIDE: Fresh Strawberries SIDE: Milk
VEG ALTERNATIVE	-or- Hummus Wrap -or- Plant Based Nachos	-or- Kickin Pasta Alfredo -or- Kickin Voltage Bowl	-or- Cheese Pizza -or- Butter Tofu Bowl	-or- Sunbutter & Crackers -or- Sweet & Sour Kickin Bowl	-or- Hummus Wrap -or- Kickin Patty Sandwich
SALAD BAR					
SNACK					

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