

Menu subject to
change without notice.

Sacramento City Unified School District
Fall Preschool Menu: 9/28/2026 - 10/2/2026

	Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2
BREAKFAST	Yogurt Parfait Fresh Banana 1% Unflavored Milk	Blueberry Bagel Fresh Sliced Apples 1% Unflavored Milk	WG Fresh Baked Muffin Fresh Banana 1% Unflavored Milk	Turkey Sausage Square Fresh Sliced Apples 1% Unflavored Milk	Maple Chip Pancakes Fresh Banana 1% Unflavored Milk
LUNCH	French Bread Pizza Fresh Cucumber Coins Homestyle Ranch Dressing Fresh Watermelon 1% Unflavored Milk	Chipotle Chicken Quesadilla Chopped Romaine Homestyle Ranch Dressing Pineapple Tidbits 1% Unflavored Milk	Chicken Alfredo Pasta Fresh Broccoli Florets Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Korean BBQ Chicken Brown Rice Canned Corn Fresh Banana 1% Unflavored Milk	Mac & Cheese Green Beans Fresh Sliced Apples 1% Unflavored Milk
VEG ALTERNATIVE					
SALAD BAR					
SNACK	Whole Grain Cereal 1% Unflavored Milk	WG Cheddar Chex Snack Mix Juice, Paradise Punch 4oz	Whole Grain Cereal 1% Unflavored Milk	WG Farmer's Market Cracker Juice, Paradise Punch 4oz	WG Graham Cracker 1% Unflavored Milk

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
Fall Preschool Menu: 10/5/2026 - 10/9/2026

	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
BREAKFAST	Fruit Smoothie Crunchy Granola Clusters Fresh Sliced Apples 1% Unflavored Milk	Egg Bites Seasoned Diced Potatoes Fresh Banana 1% Unflavored Milk	WG Fresh Baked Muffin Fresh Sliced Apples 1% Unflavored Milk	Chicken Crispito Fresh Banana 1% Unflavored Milk	Oatmeal Breakfast Round Fresh Sliced Apples 1% Unflavored Milk
LUNCH	Cheeseburger Potato Wedges Ketchup Packet Fresh Banana 1% Unflavored Milk	Sunbutter Sandwich Chopped Romaine Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Mandarin Orange Chicken Brown Rice Fresh Cucumber Coins Homestyle Ranch Dressing Fresh Banana 1% Unflavored Milk	Turkey Marinara Bake Canned Corn CK Chopped Lettuce Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Cheese Pizza Meal Fresh Broccoli Florets Homestyle Ranch Dressing Fresh Banana 1% Unflavored Milk
VEG ALTERNATIVE					
SALAD BAR					
SNACK	-or- Whole Grain Cereal 1% Unflavored Milk	WG Cheddar Chex Snack Mix	Whole Grain Cereal 1% Unflavored Milk	WG Farmer's Market Cracker	WG Graham Cracker 1% Unflavored Milk
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Sacramento City Unified School District
Fall Preschool Menu: 10/12/2026 - 10/16/2026

	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
BREAKFAST		Blueberry Bagel Fresh Banana 1% Unflavored Milk	WG Fresh Baked Muffin Fresh Sliced Apples 1% Unflavored Milk	Turkey Sausage Square Fresh Banana 1% Unflavored Milk	Maple Chip Pancakes Fresh Sliced Apples 1% Unflavored Milk
LUNCH		Chicken Crispito Chopped Romaine Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Chicken Alfredo Pasta Fresh Cucumber Coins Homestyle Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk	Korean BBQ Chicken Canned Corn Brown Rice Fresh Sliced Apples 1% Unflavored Milk	Mac & Cheese Fresh Broccoli Homestyle Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk
VEG ALTERNATIVE					
SALAD BAR					
SNACK		WG Cheddar Chex Snack Mix Juice, Fruit Punch, 4oz	Whole Grain Cereal 1% Unflavored Milk	WG Farmer's Market Cracker Juice, Fruit Punch, 4oz	WG Graham Cracker 1% Unflavored Milk

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Sacramento City Unified School District
Fall Preschool Menu: 10/19/2026 - 10/23/2026

	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
BREAKFAST	Fruit Smoothie Crunchy Granola Clusters Fresh Sliced Apples 1% Unflavored Milk	Egg Bites Seasoned Diced Potatoes Ketchup Packet Fresh Banana 1% Unflavored Milk	WG Fresh Baked Muffin Fresh Sliced Apples 1% Unflavored Milk	Chicken Crispito Fresh Banana 1% Unflavored Milk	Oatmeal Breakfast Round Fresh Sliced Apples 1% Unflavored Milk
LUNCH	Cheeseburger Potato Wedges Ketchup Packet Canned Peaches 1% Unflavored Milk	Sunbutter Sandwich Chopped Romaine Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Mandarin Orange Chicken Fried Rice Fresh Cucumber Coins Homestyle Ranch Dressing Canned Peaches 1% Unflavored Milk	Turkey Marinara Bake Canned Corn Fresh Sliced Apples 1% Unflavored Milk	Cheese Pizza Meal Chopped Romaine Homestyle Ranch Dressing Canned Peaches 1% Unflavored Milk
VEG ALTERNATIVE					
SALAD BAR					
SNACK	Whole Grain Cereal 1% Unflavored Milk	WG Cheddar Chex Snack Mix Juice, Fruit Punch, 4oz	Whole Grain Cereal 1% Unflavored Milk	WG Farmer's Market Cracker Juice, Fruit Punch, 4oz	WG Graham Cracker 1% Unflavored Milk
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Sacramento City Unified School District
Fall Preschool Menu: 10/26/2026 - 10/30/2026

	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30
BREAKFAST	Yogurt Parfait Fresh Sliced Apples 1% Unflavored Milk	Blueberry Bagel Fresh Banana 1% Unflavored Milk	WG Fresh Baked Muffin Fresh Sliced Apples 1% Unflavored Milk	Turkey Sausage Square Fresh Banana 1% Unflavored Milk	Maple Chip Pancakes Fresh Sliced Apples 1% Unflavored Milk
LUNCH	French Bread Pizza Fresh Broccoli Florets Homestyle Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk	Bean & Cheese Burrito Chopped Romaine Homestyle Ranch Dressing Fresh Sliced Apples 1% Unflavored Milk	Chicken Alfredo Pasta Fresh Cucumber Coins Homestyle Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk	Korean BBQ Chicken Brown Rice Canned Corn Fresh Sliced Apples 1% Unflavored Milk	Mac & Cheese Fresh Cucumber Coins Homestyle Ranch Dressing Canned Mandarin Oranges 1% Unflavored Milk
VEG ALTERNATIVE					
SALAD BAR					
SNACK	Whole Grain Cereal 1% Unflavored Milk	WG Cheddar Chex Snack Mix Juice, Fruit Punch, 4oz	Whole Grain Cereal 1% Unflavored Milk	WG Farmer's Market Cracker Juice, Fruit Punch, 4oz	WG Graham Cracker 1% Unflavored Milk

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