MIDDLE SCHOOL MENU

NOVEMBER 2026 • BREAKFAST & LUNCH

Sacramento City Unified School District — CENTRAL KITCHEN

MON 11/2

Pancakes & Turkey Sausage
-or- Fesh Baked Muffin

Popcorn Chicken Bowl
-or-
-or- Fish Sandwich & Fries
-or- Kickin Popcorn Bowl
-or- Hummus Bento Box

TUE 11/3

Breakfast Pizza Bagel
-or- Bagel & Cream Cheese

Fall Turkey Feast
-or- Chicken Chili Verde Bowl
-or- Nashville Chicken Wrap
-or- Vegetarian Fall Feast

WED 11/4

Breakfast Nachos
-or- Fresh Baked Muffin

Chicken Pasta Alfredo
-or- Pepperoni Pizza
-or- Cheese Pizza
-or- Vegetarian Pasta Alfredo

THU 11/5

Turkey Sausage & Cheese Croissant
-or- Fresh Baked Muffin

Cheeseburger & Fries
-or- Mandarin Chicken & Fried Rice Bowl
-or- Korean BBQ Tofu & Fried Rice Bowl

FRI 11/6

Chicken Chili Crispito w/Salsa
-or- Bagel & Cream Cheese

-or- Spicy Crispy Chicken Sandwich
-or- Roasted Turkey Sandwich
-or- Tex Mex Queso Bean Burrito
-or- Hummus Bento Box

MON 11/9

French Toast Sticks & Syrup
-or- Freshly Baked Muffin

Chicken & Waffles
-or- Spicy Crispy Chicken Sandwich
-or- Kickin Tenders & Waffles
-or- Hummus Bento Box

TUE 11/10

Ham & Swiss Croissant -or- Bagel & Cream Cheese

Honey Sriracha Chicken & Fried Rice
-or- Fish Patty Sandwich
-or- Black Bean Burger & Fries
-or- Teriyaki Tofu Bowl

WED 11/11

HOLIDAY

THU 11/12

Breakfast Pizza Bagel
-or- Fresh Baked Muffin

Pepperoni Pizza
-or- Corn Dog Meal
-or- Cheese Pizza

FRI 11/13

Chicken Chili Crispito w/Salsa
-or- Bagel & Cream Cheese

Tex Mex Queso Beef Burrito
-or- Roasted Turkey Sandwich
-or- Egg & Potato Breakfast Burrito
-or- Hummus Bento Box

MON 11/16

Pancake Pup with Syrup -or- Fresh Baked Muffin

Popcorn Chicken Bow
-or- Fish Sandwich & Fries
-or- Kickin Popcorn Bowl
-or- Hummus Bento Box

TUE 11/17

Oatmeal with Apple Chutney
-or- Bagel & Cream Cheese

Chicken Chili Verde Bowl
-or- Nashville Chicken Wrap
-or- Butter Tofu Bowl
-or- Kickin Nugget Chile Verde Bowl

WED 11/18

Breakfast Nachos
-or- Fresh Baked Muffin

Chicken Pasta Alfredo
-or- Pepperoni Pizza
-or- Cheese Pizza
-or- Vegetarian Pasta Alfredo

THU 11/19

Turkey Sausage Breakfast Square
-or- Fresh Baked Muffin

Cheeseburger & Fries
-or- Mandarin Chicken & Fried Rice Bowl
-or- Korean BBQ Tofu & Fried Rice Bowl

FRI 11/20

Chicken Chili Crispito w/Salsa
-or- Bagel & Cream Cheese

-or- Spicy Crispy Chicken Sandwich
-or- Roasted Turkey Sandwich
-or- Tex Mex Queso Bean Burrito
-or- Hummus Bento Box

MON 11/23

TUE 11/24

WED 11/25

HOLIDAY

THU 11/26

FRI 11/27

MON 11/30

French Toast Sticks & Syrup
-or- Bagel & Cream Cheese

Chicken & Waffles
-or- Pepperoni Pizza
-or- Cheese Pizza

All meals include: Fat-free, low-fat or lactose-free milk choices.

- **Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.**
- **Various seasonal fruit or vegetable offerings available for breakfast and lunch.**

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

Vegetarian

Freshly Prepared by Central Kitchen

MIDDLE SCHOOL MENU

NOVEMBER 2026 • BREAKFAST & LUNCH



Fall Feast

We're bringing true scratch cooking to this year's holiday plate. Featuring house-smoked sliced herb turkey, house-made gravy, and freshly prepared cranberry sauce offered on the side from our Central Kitchen. Complete with creamy mashed potatoes and a Buttermilk Biscuit.



NATIONAL FARM to SCHOOL NETWORK

Gala & Granny Smith Apples
from Wolf Ranch / Wolf & Wolf Farms, Linden, CA

The Wolf family has been growing fruit in Linden since 1976. Now run by the second generation, their farm has spent nearly 50 years producing apples, cherries, walnuts, and almonds for communities across the region. This season they're bringing us two favorites: sweet, crisp Gala and bright, tart Granny Smith. Grown close to home by a family that knows every row.

Reddy Robin Asian Pears
from Lodi, CA

Meet a fruit you may never have tried before. Reddy Robin Asian Pears are a rare specialty variety, developed by the same team behind Cosmic Crisp apples. They're round like an apple, with yellow-green skin that blushes pink to red-orange. Bite in and you'll find a crisp, extra juicy pear so sweet and refreshing it's been compared to an Otter Pop. Look for them this fall, grown by our farm partner Rivermaid.

LUNCH JUST GOT A LITTLE BOLDER.

Our Korean BBQ Chicken & Fried Rice pairs tender chicken in a sweet, savory Korean BBQ glaze with brown fried rice made from scratch by our Central Kitchen team.

CENTRAL KITCHEN

