

Sacramento City Unified School District

Supporting Local

We are now serving a new whole wheat lemon raspberry muffin made with whole grains, real fruit, and no artificial colors or ingredients. These muffins are made by a local Oakland bakery called Dobake Bakeries. Dobake is also known for supplying the famous San Francisco Sourdough to Boudin Restaurants.

Over half of our breakfast menu features healthier whole grain entrees providing more protein and fiber and many important vitamins and minerals.



Why are Students going greener and eating fresher?

If you have not seen one of our new salad bars you should take a look. They are stocked full of kid favorites to encourage fresher eating habits both at school and at home. Our salad bars are designed to help meet different food preferences. In February will have a variety of fresh, healthy choices including salad mix made up of 60% Romaine lettuce and other greens, matchstick cut carrots, red and green sliced apples, fresh oranges smiles, sliced cucumbers, & julienne bell pepper varieties. In addition to the fresh choices we also offer applesauce packed in it's own juice. Also new in February are kid friendly boxed Sun Maid raisins, a great source of iron. As a vegetable protein we are featuring garbanzo beans this month.



Mega Noodle Soup & 1/2 Grilled Cheese



Join Our Team!

Looking for a part-time or on-call job that will allow for time with your family? Come join our team in a school cafeteria! To apply: Applications are online at www.scusd.edu Employment, Classified Positions, Food Service Assistant 1.

Menus Subject to Change

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Daily Breakfast Menu:

Choice of either the Hot Entree or Whole Grain Cereal, served with Fruit & Low Fat White Milk

February 2012

Daily Lunch Menu:

Choice of Entree or Vegetarian Yogurt Meal, Locally Grown Garden Salad Bar with Fresh Fruit Varieties & Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *Oatmeal to Go Cereal Bar ----- Chef's Choice	2 *French Toast Sticks ----- Coleman All Natural Chicken Hot Dog Potato Smiles	3 Chef's Choice ----- *Brookwood Farms Southern BBQ Chicken Sandwich Homestyle Baked Beans
6 *Maple Burst Mini Pancakes ----- Krisp & Krunchy Chicken Tenders BBQ Dipping Sauce	7 Bacon & Egg Breakfast Square ----- Lite Chicken Fettuccini Alfredo	8 Baked Chicken Chili Crispito Locally Grown Salsa ----- *Whole Grain Cheese or Pepperoni Pizza	9 *Pork Sausage Pancake Wrap ----- Mega Noodle Soup *1/2 Grilled Cheese Sandwich	10 *Mini Chicken Sandwich ----- Pork Sausage Mini Pups Potato Smiles
13 Holiday	14 *Heart Healthy Oatmeal *Locally Baked Lemon Raspberry Muffin ----- Baked Chicken Rice Pilaf	15 Sunrise Pork Sausage Sandwich ----- Turkey & Gravy Mashed Potatoes	16 *Apple Cinnamon Texas Toast ----- *Beef Hamburger on a Whole Grain Bun Potato Smiles	17 Chef's Choice ----- Housemade Artisan French Bread Cheese Pizza
20 Holiday	21 *Italian Turkey Sausage Square ----- All Natural Grilled Bean & Cheese Burrito	22 *Heart Healthy Oatmeal *Mini Blueberry Muffin Top ----- *Turkey Taco Ensalada	23 Pork Sausage Mini Pup ----- *Manwich "Beefy" Sloppy Joe Glad Corn	24 Colby Cheese Omelet ----- Spaghetti with Choice of Marinara or Meat Sauce
27 *Belgian Waffle Sticks ----- Oriental Sweet & Sour Chicken *Vegetable Fried Brown Rice	28 Breakfast Chicken Sausage Bagel ----- Crunchy Beef Taco Mexican Style Rice	29 *Oatmeal to Go Cereal Bar ----- Chef's Choice	* Made with Whole Grain	
				Price Increase Effective Jan. 9th Breakfast \$1.00 Lunch \$1.50