## Menus for December 2015

Sacramento City Unified School District  
Brenda Padilla, M.S., Director, Nutrition Services  
This institution is an equal opportunity provider. Menus are subject to change.

### Monday, December 7
- **Breakfast:** Triple Berry French Toast  
- **Lunch:**  
  - Pork Egg Roll  
  - Or  
  - Rich Chicks Tender Filets  
  - Side: Chow Mein

### Tuesday, December 8
- **Breakfast:** Italian Turkey Sausage Breakfast Square  
- **Lunch:**  
  - Sweet Baby Ray’s BBQ Chicken  
  - Or  
  - Crunchy Saucy Beef Taco  
  - Side: Tostitos Scoop

### Wednesday, December 9
- **Breakfast:** Chicken Torilla Crispito w/Salsa  
- **Lunch:**  
  - Artisan French Bread Cheese Pizza  
  - Or  
  - Crispy Breaded Chicken  
  - Side: Coleslaw

### Thursday, December 10
- **Breakfast:** Biscuit & Sausage Gravy Square  
- **Lunch:**  
  - Mesquite Chicken Drumstick  
  - Or  
  - Crunchy Saucy Beef Taco  
  - Side: BBQ Baked Beans  
  - Side: Corn Bread Loaf

### Friday, December 11
- **Breakfast:** Warm Mini Cinni Rolls  
- **Lunch:**  
  - Neptune’s Fish Filet Sandwich  
  - Or  
  - Italian Sub Sandwich  
  - Side: Chicken Noodle Soup  
  - Side: Raisels

### Wednesday, December 2
- **Breakfast:** Chicken Tortilla Crispito w/Salsa  
- **Lunch:**  
  - Artisan French Bread Cheese Pizza  
  - Or  
  - Crispy Breaded Chicken  
  - Side: Coleslaw

### Wednesday, December 9
- **Breakfast:** Chicken Tortilla Crispito w/Salsa  
- **Lunch:**  
  - Sweet Baby Ray’s BBQ Chicken  
  - Or  
  - Crunchy Saucy Beef Taco  
  - Side: Tostitos Scoop

### Thursday, December 3
- **Breakfast:** Cheesy Toast  
- **Lunch:**  
  - Bean & Cheese Papusa  
  - Or  
  - All Natural Miller’s Beef Hot Dog  
  - Side: Beef Chili with Beans

### Monday, December 7
- **Breakfast:** Sunnyfresh French Toast Sticks  
- **Lunch:**  
  - Trout Treasures  
  - Or  
  - Spicy Sichuan Chicken  
  - Side: Hawaiian Brown Rice  
  - Side: Raisels

### Thursday, December 10
- **Breakfast:** Sunrise Pork Sausage Sandwich  
- **Lunch:**  
  - Fernando’s Bean & Cheese Burrito  
  - Or  
  - Beef Bun Taco  
  - Side: Refried Beans

### Friday, December 11
- **Breakfast:** Italian Turkey Sausage Breakfast Square  
- **Lunch:**  
  - Sweet Baby Ray’s BBQ Chicken  
  - Or  
  - Crunchy Saucy Beef Taco  
  - Side: Hawaiian Brown Rice

### Words of Mouth

This month: “Caesar Salad”

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920’s. Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special! Cardini’s recipe included raw egg and anchovies, but today’s standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

Available Daily  
**Lunches include:**  
- Garden Salad Bar Choices & Sides, plus  
- Milk -- Non or Low-Fat, Unflavored/White  
- **Entrées Choices:**  
  - Meatless: Both w/Mozzarella Stick  
  - #1 Vegan Sunbutter & Jelly Sandwich  
  - #2 Yogurt Meal  
- **Other Hot Lunch entrees:**  
  - #3 (see monthly non-cheese options)  
  - #4 House-Made (see daily menu)  
- **Menu is Subject to Change**

### Menu Tips
- **Out Cold:** Not only do kids eat more in the winter, they also tend to exercise less. Even if it’s cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there’s plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

### Wellness is a Way of Life

DON’T GET ONE FRUIT or VEGGIE and at least THREE items total at your meal, unless as a complete lunch!
Daily Options for Breakfast

**Entrées:**
- #1-General Mill’s Whole Grain Cereal Choices
- Or
- #2-Daily Choice, (listed on the menu)
And/Or
- Self-Serve Produce Bar,
- 100% Orange Juice,
- Milk, Graham Crackers

If your student forgets meal money, credit will be given for up to three days for each meal. Students and households will be reminded of negative balances. To avoid charges, Prepayments are accepted in the line with a check or on-line at: www.EZSchoolpay.com

Please clear balances promptly. Thanks!

Credit Policy

The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Really Hot Chocolate!

El Niño

The climate phenomenon known as “El Niño” occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.

From Brenda Padilla, Director, SCUSD Nutrition Services, & the School Nutrition Staff at your school

Monday, December 14

**Breakfast**
- Waffle Stix

**Lunch**
- Chicken Corn Dog
- Or
- Rich Chicks Tender Filets

**Side:** Potato Smiles

Tuesday, December 15

**Breakfast**
- Maple Sausage Bagel Wrap

**Lunch**
- Chicken Taquitos
- Or
- Crunchy Saucy Beef Tacos

**Side:** Refried Beans

Wednesday, December 16

**Breakfast**
- Chicken Tortilla Crispto

**Lunch**
- Macaroni and Cheese
- Or
- Zesty Chicken Sandwich

**Side:** Steamed Broccoli

Friday, December 18

**Breakfast**
- Blueberry Muffin

**Lunch**
- Turkey and Gravy
- Or
- Cheese Pizza

**Side:** Mashed Potatoes

**Side:** Corn Bread

Friday, December 18

**Breakfast**
- Blueberry Muffin

**Lunch**
- Turkey and Gravy
- Or
- Cheese Pizza

**Side:** Mashed Potatoes

**Side:** Corn Bread

Happy 2016!

Last day of school: Friday, Dec. 18
Classes resume: Monday, Jan. 4

See you next year!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html