

Curbside pickup every
Monday, Wednesday and Friday

11:00am - 1:00pm

Abraham Lincoln	Golden Empire	Pacific
Albert Einstein	H.W. Harkness	Parkway
Bowling Green	Hiram Johnson	Peter Burnett
Bret Harte	Hollywood	Rosa Parks
California	Isador Cohen	Rosemont
Caroline Wenzel	James Marshall	Sam Brannan
Earl Warren	John Bidwell	Sequoia
Edward Kemble	John Sloat	Susan B. Anthony
Elder Creek	John Still	Tahoe
Ethel I. Baker	Kit Carson	Washington
Ethel Phillips	Language Academy	Will C. Wood
Father K.B. Kenny	Leataata Floyd	William Land
Fern Bacon	Luther Burbank	Woodbine
	Mark Twain	Yav Pm Suab
	Martin Luther King	Academy (Lisbon
	Nicholas	Elementary)
	Oak Ridge	

FEBRUARY 2021

Monday	Wednesday	Friday
1 Cereal Cheeseburger Sliders Crackers and String Cheese Focaccia Cheese Wheel Garlic French Bread Pizza Orange Chicken & Hawaiian Brown Rice Sunbutter Sandwich Whole Pineapple	3 Bean and Cheese Burrito Cereal Cheese Pizza Pocket Crackers and String Cheese Breaded Chicken Sandwich Pepperoni Pizza Turkey Sausage & Egg Wrap	5 Meals for Friday 2/5, Monday 2/8 and Tuesday 2/9. Breaded Chicken Drumstick Yakult Cereal Chicken Corn Dog Garlic French Bread Pizza Crackers and String Cheese Grilled Cheese Sandwich Lemon Blueberry Bar Pretzels and String Cheese Protein Snack Pack Turkey Sausage Breakfast Pizza Yakult Probiotic Smoothie
8 <i>Holiday No pick up</i>	10 Bean and Cheese Burrito Blueberry Muffin Cereal Cheese Pizza Graham Crackers and String Cheese NEW! Mac & Cheese Bowl Sun Chips and Sabra Hummus Tossed Green Salad	12 Meals for Friday 2-12, Monday 2-15 and Tuesday 2-16. Yakult Avocados! Cereal Cheeseburger Sliders Chicken Corn Dog Focaccia Cheese Wheel Garlic French Bread Pizza Grilled Cheese Sandwich Lemon Blueberry Bar Pretzels & Sabra Hummus Protein Snack Pack Yakult Probiotic Smoothie

Entrées listed in orange
are served HOT, and
ready to eat!

Vegetarian Items:

Meals include: Juice, raisins,
fresh carrots, fresh fruit, other
vegetables, fruit cup and choice
of milk. (Options will vary.)

Featured this month!



Yakult Probiotic

PLEASE NOTE:

Some of the entrées provided
may need to be reheated. Heating
instructions can be found online at
thecentralkitchen.org/recipes



For the most up-to-date information regarding meal service, please visit thecentralkitchen.org/curbside



Nutrition Services 916-395-5600

This institution is an equal opportunity employer and provider.

Free meals will be provided to all children 0-18 years old. No paperwork, no proof of enrollment necessary. Children do not need to be present to receive meals; a limit of 8 children per vehicle.

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15 <i>Holiday</i> <i>No pick up</i>	17 Bean and Cheese Burrito Breaded Chicken Sandwich Cereal Cheese Pizza Pocket Graham Crackers and String Cheese Pepperoni Pizza Tossed Green Salad Turkey Sausage & Egg Wrap	19 Avocados! Cereal Chicken Corn Dog Grapes & String Cheese Grilled Cheese Sandwich
22 Cereal Cheese Pizza Chex Mix & Yakult Probiotic Smoothie Chicken Chili Crisпитos Garlic French Bread Pizza Orange Chicken and Brown Rice Sunbutter Sandwich Turkey Sausage Breakfast Pizza	24 Bean and Cheese Burrito Blueberry Muffin Cereal Cheese Pizza Pocket Cinnamon Grahams and String Cheese NEW! Mac & Cheese Bowl Sun Chips and String Cheese Tossed Green Salad	26 Avocados! Cereal NEW! Rotini Pasta with Beef Meat Sauce Grapes & String Cheese Grilled Cheese Sandwich

Featured Produce:

PINEAPPLE & AVOCADO

What is a Pineapple?

Pineapple is a large tropical fruit with a spiky, tough skin and sweet insides. When European explorers came across it in South America in the 17th century, they called it a pineapple because of its pinecone appearance. Slice it open, and you'll find bright yellow flesh that's both sweet and tart.

What is an Avocado?

Avocado is a small fruit with a large pit and dark leathery skin. (Also known as an alligator pear!) The bright green flesh inside has a mild taste and creamy texture. Avocados are packed with fiber and offer nearly 20 vitamins and minerals, including potassium, folate, vitamin B6, vitamin C and vitamin E.

