CUSD High School Menu





## The Bacon Cheeseburger is Available on Tuesdays!

Featuring a 100% beef patty, all natural Swiss cheese\*, turkey bacon, lettuce, red onion, and tomato on a whole grain bun.

Due to major supply chain disruptions or staffing limitations, food items may be substituted due to unplanned shortages or limited availability.

This institution is an equal opportunity provider. Menus are subject to change without notice. **Breakfast** Fruit offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult breakfast \$4.50



BEFORE THE BELL Assorted Benefit Bars Assorted Cereal Mini Breakfast Bites Cinnamon Swirl Bagel w/ Cream Cheese or Peanut Butter • • NUTRITION BREAK Assorted Benefit Bars Turkey Sausage Breakfast Burrito Pizza Stick © Pizza Bagel Cinnamon Swirl Bagel w/ Cream Cheese or Peanut Butter®

**Lunch** Fruits & vegetables offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult lunch \$5.50

OFFERED DAILY Grilled Chicken Garden Salad w/ Flatbread Bean & Cheese Burrito Loco Burrito Spicy Chicken Sandwich Turkey Steak & Cheese\* Hoagie Freshly Baked Cheese or Pepperoni Pizza

## Did You Know?

- 1.98% of all pears grown in the US are grown in California, Oregon and Washington.
- 2. Pears are best when eaten with the peel-that is where most of the fiber is found!
- 3. Fiber comes in 2 forms: insoluble and soluble. Insoluble fiber helps move food through the body. Soluble fiber helps pull cholesterol out of the body and helps you feel full.







DAILY SPECIALS TUES: Bacon Cheeseburger w/ Swiss\* WED: Turkey Meatball & Mozzarella\* Hoagie THURS: Pulled BBQ Pork Hoagie® FRI: Mac & Cheese

♥No Antibiotics Ever \*Made from cows not treated with rBST

