



CUSD MIDDLE SCHOOL MENU

FREE FOR ALL STUDENTS

August Middle School Breakfast

All menu items are free from artificial nitrites and nitrates.

Fruit offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult breakfast \$6.00

SPECIALS

MONDAY

Ham & Swiss
Croissant

TUESDAY

Pepperoni
Croissant

Everything
Bagel w/
Cream Cheese

WEDNESDAY

House-made
Sausage, Cheese
& Tater Tot
Breakfast Burrito
w/ Salsa

THURSDAY

Pepperoni
Croissant

Everything
Bagel w/
Cream Cheese

FRIDAY

Ham & Swiss
Croissant

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola

Plain Bagel w/ Cream Cheese

GF Honey Cheerios Cereal

GF Cinnamon Chex Cereal

August Middle School Lunch

Fruit & vegetables offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult lunch \$7.00

SPECIALS

MONDAY

Turkey
Cubano Melt*
w/ house spread

TUESDAY

Spicy Chicken
Sandwich

Personal Pan
Cheese &
Pepperoni Pizza

WEDNESDAY

Turkey Pesto
Provolone*
Ciabatta

Classic
Cheeseburger

THURSDAY

Spicy Chicken
Sandwich

Personal Pan
Cheese &
Pepperoni Pizza

FRIDAY

Chicken
Potstickers w/
Broccoli

Classic
Cheeseburger

OFFERED DAILY

Crispy Chicken Chunks w/ Roll & Ranch

Bistro Box: Croissant , Turkey Roll-ups,
Cheese Cubes, Fresh Fruit

Loco Burrito

VISIT [CAPISTRANO.HEALTHELIVING.NET](https://www.capistrano.healtheliving.net) FOR INTERACTIVE MENUS & MORE INFORMATION

Vegetarian Contains Pork Vegan
 House-Made Contains Sesame **Organic
 Freshly Baked
*Made from cows not treated with rBST

This institution is an equal opportunity provider.

Menus are subject to change without notice.

Farm to School: August

CUSD is proud to serve local + organic produce!



Organic Fuji Apple
Washington Grown



Apple Slices
WA & CA Grown



Nectarine
Grown within 150 mi.



Plum
Grown within 150 mi.



Grapes
Grown within 300 mi.



Asian Pear
Grown within 150 mi.



Organic Spring Mix
Grown within 10 mi.



Persian Cucumbers
Grown within 150 mi.



Baby Carrots
Grown within 300 mi.



Organic Butter Lettuce
Grown within 150 mi.



Tomatoes
Arizona Grown



Celery
Grown within 150 mi.

BUILD YOUR MEAL, YOUR WAY!

It's your choice! Here's what to know when building your breakfast and lunch at school.

BREAKFAST

PICK AN ENTREE
Breakfast entrees include grains and/or protein.



ADD SOME FRUIT
Choose at least ½ cup fruit to complete your meal.



MILK? YOUR CHOICE.
1% & non-fat milk are available, but milk is optional.



LUNCH

PICK AN ENTREE
Lunch entrees include grains and protein.



ADD FRUITS & VEGGIES
Choose at least ½ cup fruit and/or veggies to complete your meal.



MILK? YOUR CHOICE.
1% & non-fat milk are available, but milk is optional.



This is the minimum, you're always welcome to take more fruits + veggies! Take what you'll enjoy and eat.

NEW YEAR - NEW ITEMS

NEW

Pepperoni Croissant

Whole grain rich croissant filled with mozzarella cheese and uncured all beef pepperoni.

NEW

House-Made Breakfast Burrito

Chicken sausage, organic cheddar & crispy tater tots wrapped in a whole grain rich tortilla served with fire-roasted red salsa on the side.

Turkey Cubano Melt

Toasted sandwich with all natural turkey, provolone, mustard-mayo sauce on a whole grain ciabatta.

Personal Pan Cheese + Pepperoni Pizza

New personal pan pizza made with whole grain rich crust, 4 cheeses and uncured beef pepperoni.

Classic Cheeseburger

Last year's favorite new and improved! Whole grain rich brioche bun, all beef patty & cheese.

Crispy Chicken Chunks w/ Roll + Ranch

New premium artisan chicken chunks made with whole muscle white meat, freshly baked sourdough roll and house-made Greek yogurt ranch.

Bistro Box: Croissant, Turkey Roll-ups, Cheese Cubes, Fresh Fruit

Freshly baked whole grain rich croissant, all natural turkey roll ups, cheddar cheese cubes, and California grown grapes.

Follow CapoFood on Instagram!

For interactive menus, visit capistrano.healtheliving.net