

Middle School Menu

WINTER SPECIALS:

TUESDAY 12/9: MARY'S ROASTED CHICKEN DRUMSTICK PLATE



- Mary's Chicken Drumstick seasoned with spices & roasted
- Crispy roasted potatoes with savory herbs
- Freshly baked Roll

THURSDAY 12/11: CHILI FRITOS WALKING TACO

IT'S BACK!



- House-made beef chili
- Whole grain Fritos
- Organic cheddar

****NO ROTINI CUP 12/9****
****NO PIZZA 12/9 & 12/11****

This institution is an equal opportunity provider. Menus are subject to change without notice.

Breakfast

Fruit offered with meal. 1% milk* or non-fat milk* optional.
Free for all students. Adult breakfast \$5.50

OFFERED DAILY

Plain Bagel w/ Cream Cheese 🌱🍞
GF Honey Cheerios Cereal 🌱
GF Cinnamon Chex Cereal 🌱
Pizza Stick (P)
Maple Waffle 🌱
GF Greek Yogurt* w/ GF Granola 🌱

Lunch

Fruits & vegetables offered with meal. 1% milk* or non-fat milk* optional.
Free for all students. Adult lunch \$6.50

OFFERED DAILY

Double Crunch Taco Salad
taco shells, 100% beef taco filling, organic cheddar**, organic bell pepper, tomato, corn, organic spring mix, romaine mix + ranch
Bean + Cheese Burrito 🌱
Loco Burrito 🌱
Spicy Chicken Sandwich 🌱🍷
Cheese Pizza 🌱🍷
Pepperoni Pizza (P)🍷

🌱 Vegetarian

(P) Contains Pork

🌱 Vegan

🍴 House-Made

(S) Contains Sesame

🍷 Freshly Baked

🌱 One Health Certified

DAILY SPECIALS

M: Ham + Swiss Croissant (P)
T: Everything Bagel w/ Cream Cheese 🌱🍞
W: Ham + Swiss Croissant (P)
TH: Everything Bagel w/ Cream Cheese 🌱🍞
F: Ham + Swiss Croissant (P)

*Made from cows not treated with rBST **Organic

DAILY SPECIALS

M: Honey Sriracha Boneless Wings w/ Ranch + Roll 🍷
T: Crispy Beef + Cheese Taco (w/ lettuce + pico de gallo)
Rotini Pasta Bowl with Roll 🍷(beef)
W: All Natural Turkey Pesto Provolone Ciabatta
TH: Classic Cheeseburger
Rotini Pasta Bowl with Roll 🍷(beef)
F: Chicken Pot Stickers w/ Broccoli (S)

FARM 2 SCHOOL: DECEMBER

CUSD is proud to serve local & organic produce!

Organic Pink Lady Apple
Washington grown



Organic Cara Cara
Grown within 150 miles



Apple Slices
CA, WA, MI grown



Baby Carrots
Grown within 300 miles



Organic Banana
Non-domestic



Persian Cucumber
Grown within 150 miles



Kiwi
Grown within 150 miles



Organic Bell pepper
California grown



NEW Organic Spring Mix
Grown within 10 miles at The Ecology Center in San Juan Capistrano!



THE ECOLOGY CENTER



VISIT CAPISTRANO.HEALTHELIVING.NET FOR MORE INFORMATION