CUSD MIDDLE SCHOOL MENU

FREE FOR ALL STUDENTS

December 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham + Swiss Croissant (P)	Pepperoni Croissant (P)	House-made Sausage, Cheese + Tater Tot Breakfast Burrito w/ Salsa	Pepperoni Croissant (P)	Ham + Swiss Croissant (P)
	Everything Bagel w/ Cream Cheese		Everything Bagel w/ Cream Cheese	

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola

Plain Bagel w/ Cream Cheese

GF Honey Cheerios Cereal

GF Cinnamon Chex Cereal

December 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pulled BBQ Chicken Sandwich w/ Pickle Spear	Spicy Chicken Sandwich (S)	Rotini Pasta Cup w/ Roll	Spicy Chicken Sandwich (S)	Chicken Potstickers w/ Broccoli (S)
Classic Cheeseburger	Personal Pan Cheese + Pepperoni Pizza	Classic Cheeseburger	Personal Pan Cheese + Pepperoni Pizza	Classic Cheeseburger

OFFERED DAILY

Crispy Chicken Chunks w/ Roll

Bistro Box: Croissant, Turkey Roll-ups, Cheese Cubes, NEW Pomegranate Arils

Loco Burrito



BISTRO BOX NOW FEATURING: POMEGRANATE ARILS FOR A LIMITED TIME ONLY!



Vegetarian (P) Contains Pork Vegan

House-Made (S) Contains Sesame **Organic

Freshly Baked

*Made from cows not treated with rBST

VISIT CAPISTRANO.HEALTHELIVING.NET FOR INTERACTIVE MENUS & MORE INFORMATION

This institution is an equal opportunity provider.

Menus are subject to change without notice.

CAPO SCOOP

The inside scoop on secondary menus, student health, and fueling your school day!

11/30 & 12/1 UPDATE

As our food service professionals welcome students back after Thanksgiving Break, the following items will not be available:

Date	Not Available
11/30	Bistro Box, Side Salad, Ranch Cup
12/1	Side Salad, Ranch Cup

BISTRO BOX UPDATE



This month's Bistro Box features pomegranate arils, a freshly baked croissant, cheese cubes, and all-natural turkey.

POMEGRANATE ARILS FOR A LIMITED TIME ONLY.

FARM TO SCHOOL DECEMBER



Pomegranate Arils
CA Grown



Organic Page Mandarin
Within 150 mi



Kiwi
Within 300 mi



Celery
Within 150 mi



Organic Apple Slice CA & WA



Organic Gala
WA Grown



Organic Banana
Non-Domestic



Baby Carrots
Within 300 mi



Organic Spring Mix
Within 300 mi



Persian Cucumber
Within 150 mi



Organic Butter Lettuce
Within 150 mi

POP! CRUNCH! REPEAT!

POMEGRANATE ARILS IN BISTRO BOX • LIMITED TIME





WHAT'S AN ARIL?
The juicy, edible seeds in a pomegranate.



SWEET + TART
Tiny bursts of flavor in every bite.



IN SEASON NOW
A festive fruit, here for a limited time.

Follow CapoFood on Instagram! **For interactive menus, visit capistrano.healtheliving.net**