

Middle School Menu

LUNAR NEW YEAR LUNCH SPECIALS:

TUESDAY 2/17
EGG ROLLS WITH
SWEET CHILI SAUCE

NO TACO 2/17



WED. 2/18 & THU. 2/19
FORTUNE COOKIE
WITH LUNCH

WHILE
SUPPLY
LASTS!

**CRISPY CHICKEN BITES
WITH RANCH & ROLL**

NEW

AVAILABLE
MONDAYS. REPLACING
SRIRACHA CHICKEN



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

Breakfast

OFFERED DAILY

- Plain Bagel w/ Cream Cheese
- GF Honey Cheerios Cereal
- GF Cinnamon Chex Cereal
- Pizza Stick
- 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

Vegetarian

Contains Pork

Vegan

House-Made

Contains Sesame

Freshly Baked

One Health Certified

FARM 2 SCHOOL: FEBRUARY

Organic Pink Lady Apple
Washington grown



Apple Slices
CA, WA, MI grown



Organic Banana
Non-domestic



Asian Pear
Grown within 150 miles



Organic Cara Cara
Grown within 150 miles



Baby Carrots
Grown within 300 miles



Persian Cucumber
Grown within 150 miles



Organic Butter Lettuce
Grown within 150 miles



CUSD is proud to serve local & organic produce!



Organic Spring Mix
Grown within 10 miles at
The Ecology Center, a
regenerative farm in our
community!



Bell Pepper
California Grown



VISIT CAPISTRANO.HEALTHLIVING.NET FOR MORE INFORMATION

FREE FOR ALL STUDENTS

DAILY SPECIALS

MON-WED-FRI

Ham + Swiss Croissant

TUES-THURS

Everything Bagel w/ Cream Cheese

*Made from cows not treated with rBST **Organic

DAILY SPECIALS

M: **NEW** Crispy Chicken Bites w/ Ranch + Roll

T: Crispy Beef + Cheese Taco (w/ lettuce + pico de gallo)

W: All Natural Turkey Pesto Provolone Ciabatta



TH: Classic Cheeseburger

F: Chicken Pot Stickers w/ Broccoli

One Health Certified