

Middle School Menu

The Quest for School Breakfast

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 2-6

A NEW CHALLENGER ENTERS THE QUEST...



This week only, Pepperoni & Cheese Croissant replaces the Pizza Stick.

Which one should return next year?
Try it and help us decide!

FROM FIELD TO FEAST!



Organic & locally grown strawberries available with breakfast March 2-6!

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 🍷
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

DAILY SPECIALS

MON-WED-FRI

Ham + Swiss Croissant 🍷



TUES-THURS

Everything Bagel w/ Cream Cheese 🌱

DAILY SPECIALS

M: 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 🍷

*Made from cows not treated with rBST **Organic

FARM 2 SCHOOL: MARCH

CUSD is proud to serve local & organic produce!

Organic Gala Apple
Washington grown



Organic Mandarin
Grown within 150 miles



Organic Spring Mix

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

Kiwi
CA grown



Baby Carrots
Grown within 300 miles



Grape Tomatoes

Grown within 150 miles

Organic Banana
Non-domestic



Persian Cucumber
Grown within 150 miles



Granny Smith Apple
Grown within 150 miles



Organic Butter Lettuce
Grown within 150 miles



Starting the day with fruits & veggies fuels energy, focus, and learning!



VISIT CAPISTRANO.HEALTHELIVING.NET FOR MORE INFORMATION

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