

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!**



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

FREE FOR ALL
STUDENTS

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 (V)
- Spicy Chicken Sandwich (V) (S)
- Cheese Pizza
- Pepperoni Pizza (P) (V)

Vegetarian

(P) Contains Pork

(V) Vegan

House-Made

(S) Contains Sesame

Freshly Baked

One Health Certified

FARM 2 SCHOOL: MARCH

CUSD is proud to serve local & organic produce!

Organic Gala Apple

Washington grown



Kiwi

CA grown



Organic Banana

Non-domestic



Granny Smith Apple

grown within 150 miles



Organic Mandarin

grown within 150 miles



Baby Carrots

grown within 300 miles



Persian Cucumber

grown within 150 miles



Organic Butter Lettuce

grown within 150 miles



Organic Spring Mix

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



Grape Tomatoes

grown within 150 miles



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



DAILY SPECIALS

MON-WED-FRI

Ham + Swiss Croissant (P)

TUES-THURS

Everything Bagel w/ Cream Cheese (V)

*Made from cows not treated with rBST **Organic

DAILY SPECIALS

M: Crispy Chicken Bites w/ Ranch + Roll (V)

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 (S)

VISIT CAPISTRANO.HEALTHLIVING.NET FOR MORE INFORMATION

