

Middle School Menu

Breakfast

Fruit offered with meal. 1% milk* or non-fat chocolate milk* optional.
Free for all students. Adult breakfast \$4.50

FREE FOR ALL STUDENTS

OFFERED DAILY

Oatmeal Chocolate Chip Benefit Bar 🍌

GF Honey Cheerios Cereal 🍌

Pizza Stick^P

Cinnamon Swirl 🍌

DAILY SPECIALS

M: Bagel w/ Cream Cheese 🍌

T: Cheesy Egg Stuffed Hash Brown 🍌

W: Pancake, Sausage + Cheese Sandwich

TH: Bagel w/ Cream Cheese 🍌

F: Pancake, Sausage + Cheese Sandwich

Lunch

Fruits & vegetables offered with meal. 1% milk* or non-fat chocolate milk* optional.
Free for all students. Adult lunch \$5.50

OFFERED DAILY

Taco Salad w/ Cheese, Chips + Ranch

Bean + Cheese Burrito 🍌

Loco Burrito 🍌

Spicy Chicken Sandwich

Domino's Cheese Pizza 🍌

Domino's Pepperoni Pizza^P

DAILY SPECIALS

M: Turkey + Cheese Sub

T: Chicken Nuggets w/ Ranch + Goldfish

W: ^{NEW} BBQ Pork Rib Sandwich^P 🍌

TH: Breaded Chicken Thigh + Garlic Bread

F: Chicken Pot Stickers w/ Broccoli

🍌 Vegetarian ^P Contains Pork 🍌 Vegan *Made from cows not treated with rBST

🍌 Sadie Rose Baking Co. Bread

Did You Know?

- Most of California's citrus crop is eaten fresh, so the state provides over 80% of the nation's fresh citrus!
- Most citrus is in season from September through June.
- Citrus contain Vitamin C, A, and fiber.
 - Vitamin C: supports immune systems.
 - Vitamin A: supports eye health.
 - Fiber: supports digestive health.

FARM 2 SCHOOL: CITRUS

This season look for California grown CITRUS on our menus!



March Special: Crispy Beef Tacos, Shredded Lettuce & Pico de Gallo



April Special: Grass Fed Regenerative Beef Pretzel Dog 🍌



Grass fed beef hot dog from a regenerative ranch on a Pretzel Bun from Sadie Rose Baking Co. in Oceanside



@CapoFood



bit.ly/wefeedkids

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