

Middle School Menu

FREE FOR ALL STUDENTS



Pancake, Sausage & Cheese Sandwich



Cheesy Egg Stuffed Hash Brown

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

OFFERED DAILY

- Oatmeal Chocolate Chip Benefit Bar 🍌
- GF Honey Cheerios Cereal 🍌
- Pizza Stick [Ⓟ]
- Cinnamon Swirl 🍌

DAILY SPECIALS

- M: Bagel w/ Cream Cheese 🍌
- T: ^{NEW} Cheesy Egg Stuffed Hash Brown 🍌
- W: ^{NEW} Pancake, Sausage + Cheese Sandwich
- TH: Bagel w/ Cream Cheese 🍌
- F: ^{NEW} 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 [✓] (M/W/F), Hummburger [✓] (T/Th)
- Spicy Chicken Sandwich 🍗
- Domino's Cheese Pizza 🍌
- Domino's Pepperoni Pizza [Ⓟ]

DAILY SPECIALS

- M: Turkey + Cheese Sub
- T: Chicken Nuggets 🍗 w/ Ranch + Goldfish
- W: All American Cheeseburger
- TH: ^{NEW} Breaded Chicken Thigh + Garlic Bread
- F: Chicken Pot Stickers w/ Broccoli

🍌 Vegetarian [Ⓟ] Contains Pork [✓] Vegan 🍗 No Antibiotics Ever *Made from cows not treated with rBST [Ⓢ] Contains Sesame

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!



@CapoFood



bit.ly/wefeedkids

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