Middle School Menu

FEATURED MENU ITEM:

Rotini Bolognese w/ Freshly Baked Roll





Limited Time Special! Rotini pasta with Bolognese beef sauce served with a freshly baked roll.

Check Out Our Interactive Menus!

For full nutrition, ingredient, and allergen info, visit our website, bit.ly/wefeedkids Go to the menus page and click Interactive Menus.

If you have a food allergy or need a special diet accommodation, contact our Nutrition Specialist at 949-234-9510 or stillingworth@capousd.org

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

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

OFFERED DAILY

Plain Bagel w/ Cream Cheese 🔊 🛎 GF Honey Cheerios Cereal GF Cinnamon Chex Cereal Pizza Stick 10 Maple Waffle

GF Greek Yogurt* w/ GF Granola

DAILY SPECIALS

M: Jalapeno Cheddar Bagel w/ Cream Cheese

T: Everything Bagel w/ Cream Cheese 🌬 🍮

W: Jalapeno Cheddar Bagel w/ Cream Cheese 🍑

TH: Pancake, Chicken Sausage & Cheese Sandwich F: Jalapeno Cheddar Bagel w/ Cream Cheese 🔊

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/ Chips + Ranch Bean & Cheese Burrito Loco Burrito

Spicy Chicken Sandwich 🔾 Cheese Pizza > 3

Pepperoni Pizza®

DAILY SPECIALS

M: Bacon Cheeseburger (turkey bacon)

T: Honey Sriracha Boneless Wings w/ Ranch & Roll 🦀 W: Rotini Bolognese & Roll

Freshly Prepared Turkey & Cheese Sub

TH: Crispy Beef & Cheese Taco (w/ lettuce & pico de gallo) Honey Sriracha Boneless Wings w/ Ranch & Roll

F: Chicken Pot Stickers w/ Broccoli 9

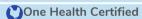
Vegetarian Pork √ Vegan *Made from cows not treated with rBST



S Contains Sesame



Freshly Baked



FARM 2 SCHOOL: FEBRUAR

CUSD is proud to serve local & organic produce!

Organic Pink Lady Apple

Washington grown



Apple Slices

CA, MI, WA grown



Organic Spring Mix

grown within 150 miles



Fuji Apple

Red Pear

grown within 150 miles

Washington Grown



Organic Bell Pepper

California grown



Baby Carrots

grown within 300 miles



Organic Cara Cara

Orange

grown within 150 miles



Grape Tomatoes grown within 150 miles



Romaine Lettuce

grown within 300 miles

