

Middle School Menu

FEATURED MENU ITEM:
*Rotini Bolognese w/
Freshly Baked Roll*

**21
grams of
protein!**



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 stilingworth@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

FREE FOR ALL STUDENTS

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 🌱

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 🌱🍞
- 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 🍷

🌱 Vegetarian 🍷 Contains Pork 🌱 Vegan *Made from cows not treated with rBST 🍷 Contains Sesame 🍞 Freshly Baked 🍷 One Health Certified

FARM 2 SCHOOL: FEBRUARY

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

grown within 150 miles



Organic Bell Pepper

California grown



Baby Carrots

grown within 300 miles



Red Pear

Washington Grown



Grape Tomatoes

grown within 150 miles



Romaine Lettuce

grown within 300 miles



Organic Cara Cara

Orange

grown within 150 miles

