

Middle School Menu

FREE FOR ALL STUDENTS

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

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

MON-WED-FRI
Ham + Swiss Croissant 🍷



TUES-THURS
Everything Bagel w/ Cream Cheese 🌱

Lunch Fruits & vegetables offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult lunch \$6.50

*Made from cows not treated with rBST **Organic

OFFERED DAILY

- Bean + Cheese Burrito 🌱
- Loco Burrito 🌱
- Spicy Chicken Sandwich 🌱 🍷 🍷
- Cheese Pizza 🌱 🌱
- Pepperoni Pizza 🍷 🌱

OFFERED TUESDAY-FRIDAY

Double Crunch Taco Salad
taco shells, 100% beef taco filling, organic cheddar**, bell pepper, tomato, corn, organic spring mix, romaine mix + ranch

DAILY SPECIALS

- M: Crispy Chicken Bites w/ Ranch + Roll 🌱
- 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 🍷

🌱 Vegetarian 🍷 Contains Pork 🌱 Vegan 🍷 House-Made 🍷 Contains Sesame 🌱 Freshly Baked 🌱 One Health Certified

FARM 2 SCHOOL: MARCH

CUSD is proud to serve local & organic produce!

Organic Gala Apple
Washington grown



Organic Mandarin
Grown within 150 miles



Organic Spring Mix
Grown within 10 miles at The Ecology Center, a regenerative farm in our community!

Kiwi
CA grown



Baby Carrots
Grown within 300 miles



Grape Tomatoes
Grown within 150 miles



Organic Banana
Non-domestic



Persian Cucumber
Grown within 150 miles



Granny Smith Apple
Grown within 150 miles



Organic Butter Lettuce
Grown within 150 miles



VISIT CAPISTRANO.HEALTHELIVING.NET FOR MORE INFORMATION

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

