

# Middle School Menu

## FALL INTO OCTOBER SPECIALS!

### 10/9: CHILI FRITO WALKING TACO



- House-made beef chili
- Whole grain Fritos
- Organic shredded cheddar

### 10/28: GRASS-FED CHILI CHEESE PRETZEL DOG



- Uncured grass-finished beef hot dog
- House-made chili
- Locally baked pretzel bun
- Organic shredded cheddar

## NATIONAL SCHOOL LUNCH WEEK KICKS OFF 10/13!

Stay tuned for international specials all week long!

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 (P)  
Maple Waffle 🌱  
GF Greek Yogurt\* w/ GF Granola 🌱

## Lunch

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

### OFFERED DAILY

Double Crunch Taco Salad  
2 taco shells, 100% beef taco filling, organic cheddar\*\*, organic bell pepper, tomato, corn, organic spring mix, cabbage, carrot + ranch  
Bean + Cheese Burrito 🌱  
Loco Burrito 🌱  
Spicy Chicken Sandwich 🌱 (S)  
Cheese Pizza 🌱  
Pepperoni Pizza (P) 🌱

🌱 Vegetarian (P) Contains Pork 🌱 Vegan 🍴 House-Made

### DAILY SPECIALS

M: Ham + Swiss Croissant (P)  
T: Everything Bagel w/ Cream Cheese 🌱  
W: Ham + Swiss Croissant (P)  
TH: Everything Bagel w/ Cream Cheese 🌱  
F: Ham + Swiss Croissant (P)

\*Made from cows not treated with rBST \*\*Organic

### DAILY SPECIALS

M: Honey Sriracha Boneless Wings w/ Ranch + Roll 🌱  
T: Crispy Beef + Cheese Taco (w/ lettuce + pico de gallo)  
W: All Natural Turkey Pesto Provolone Ciabatta  
all natural turkey, provolone cheese\*, pesto spread on whole grain ciabatta  
TH: Classic Cheeseburger  
whole grain brioche bun, 100% beef patty + American cheese  
F: Chicken Pot Stickers w/ Broccoli (S)

(S) Contains Sesame 🌱 Freshly Baked 🌱 One Health Certified

## FARM 2 SCHOOL: OCTOBER

CUSD is proud to serve local & organic produce!

Organic Pink Lady Apple  
WA grown



Organic Dragon Fruit  
Grown within 150 miles



Organic Spring Mix  
grown within 150 miles



Pluot  
Grown within 150 miles



Apple Slices  
California Grown



Iceberg Lettuce  
California grown



Organic Banana  
Non-domestic



Organic Bell Pepper  
California grown



Persian Cucumber  
grown within 150 miles

Kiwi  
Grown within 150 miles



Baby Carrots  
grown within 300 miles



Grape Tomatoes  
Grown within 150 miles

