CUSD MIDDLE SCHOOL MENU

FREE FOR ALL STUDENTS

November Middle School Breakfast

All menu items are free from artificial nitrites and nitrates.

Fruit offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult breakfast $6.00

SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham + Swiss Croissant (P)	Pepperoni Croissant (P)	House-made Sausage, Cheese + Tater Tot Breakfast Burrito w/ Salsa	Pepperoni Croissant (P)	Ham + Swiss Croissant (P)
	Everything Bagel w/ Cream Cheese		Everything Bagel w/ Cream Cheese	

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola

Plain Bagel w/ Cream Cheese

GF Honey Cheerios Cereal

GF Cinnamon Chex Cereal

November Middle School Lunch

Fruit & vegetables offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult lunch $7.00

SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pulled BBQ Chicken Sandwich (S) w/ Pickle Spear	Spicy Chicken Sandwich (S)	NEW Rotini Pasta Cup w/ Roll	Spicy Chicken Sandwich (S)	Chicken Potstickers w/ Broccoli (S)
Classic Cheeseburger	Personal Pan Cheese + Pepperoni Pizza	Classic Cheeseburger	Personal Pan Cheese + Pepperoni Pizza	Classic Cheeseburger

OFFERED DAILY

Crispy Chicken Chunks w/ Roll

Bistro Box: Croissant, Turkey Roll-ups, Cheese Cubes, Fresh Fruit

Loco Burrito

ORGANIC & LOCALLY GROWN FUYU PERSIMMONS AVAILABLE 11/9-11/13

Vegetarian (P) Contains Pork Vegan

House-Made (S) Contains Sesame **Organic

Freshly Baked

*Made from cows not treated with rBST

VISIT CAPISTRANO.HEALTHELIVING.NET FOR INTERACTIVE MENUS & MORE INFORMATION

This institution is an equal opportunity provider.

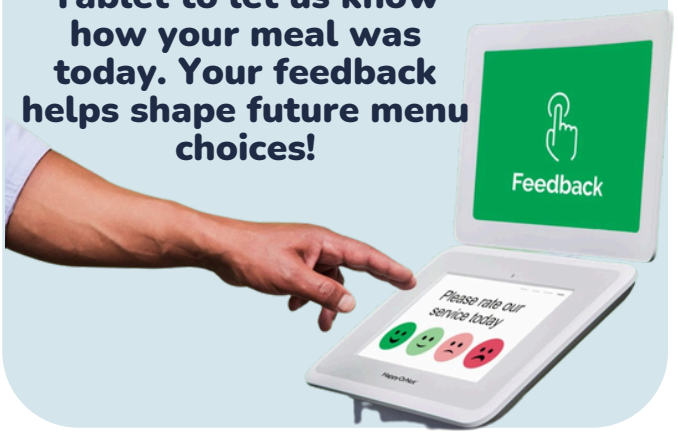
Menus are subject to change without notice.

CAPO SCOOP

The inside scoop on secondary menus, student health, and fueling your school day!

YOUR VOICE MATTERS

Use the HappyOrNot Tablet to let us know how your meal was today. Your feedback helps shape future menu choices!



FARM TO SCHOOL NOVEMBER

Organic Persimmon
Grown w/in 150 mi

Organic Satsuma
Grown w/in 150 mi

Organic Fuji
WA Grown

Kiwi
Grown w/in 150 mi

Celery
Grown w/in 150 mi

Organic Apple Slices
CA & WA Grown

Grapes
Grown w/in 300 mi

Organic Banana
Non-Domestic

Baby Carrots
Grown w/in 300 mi

Organic Spring Mix
Grown w/in 150 mi

Persian Cucumber
Grown w/in 150 mi

Organic Butter Lettuce Grown w/in 150 mi

WHAT'S THAT ORANGE FRUIT?

ORGANIC PERSIMMONS: NOVEMBER 9-13

BITE RIGHT IN

Sweet and crunchy - eat it whole just like an apple.

GROWN NEARBY

Organically grown in Fallbrook, California.

HERE FOR FALL

Persimmons are only in season for a short time. Try one!

NEW! ROTINI PASTA CUP WITH ROLL

Twisty rotini pasta tossed in savory Italian meat sauce, served with a freshly baked roll.

AVAILABLE WEDNESDAYS

Follow CapoFood on Instagram! **For interactive menus, visit capistrano.healtheliving.net**