

Middle School Menu

FALL FLAVORS: NOVEMBER SPECIALS

TUESDAYS & THURSDAYS: ROTINI PASTA BOWL WITH ROLL



- Italian meat sauce
- Rotini is spiral shaped pasta
- Freshly baked roll

ORGANIC & LOCALLY GROWN FUYU PERSIMMON

LOCALLY GROWN IN FALLBROOK!



- Sweet & crunchy, only available in the fall.
- Eat it whole like an apple.
- Vitamin A & C keep your eyes & immune system healthy.

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)
NEW Rotini Pasta Bowl with Roll 🌱 (beef)
W: All Natural Turkey Pesto Provolone Ciabatta
TH: Classic Cheeseburger
NEW Rotini Pasta Bowl with Roll 🌱 (beef)
F: Chicken Pot Stickers w/ Broccoli (S)

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

FARM 2 SCHOOL: NOVEMBER

CUSD is proud to serve local & organic produce!

Organic Fuji Apple

Washington grown



Organic Satsuma

Grown within 150 miles



Organic Spring Mix

Grown within 150 miles



Granny Smith Apple

Grown within 150 miles



Apple Slices

California Grown



Baby Carrots

Grown within 300 miles



Organic Banana

Non-domestic



Organic Persimmon

Grown within 150 miles



Persian Cucumber

Grown within 150 miles



Kiwi

Grown within 150 miles



Organic Bell pepper

California grown



Grape Tomatoes

Grown within 150 miles

