








# High School Menu

## Breakfast






Fruit offered with meal. 1% milk\* or non-fat milk\* optional.  
Free for all students. Adult breakfast \$5.50

**FREE** FOR ALL STUDENTS

### OFFERED DAILY

Ham & Swiss Croissant   
Pizza Stick   
Maple Waffle   
Plain Bagel w/ Cream Cheese   
Plain Bagel w/ Peanut Butter   
GF Cinnamon Chex Cereal   
GF Honey Cheerios Cereal 

### DAILY SPECIALS

MON: GF Greek Yogurt\* w/ GF Granola   
TUE: Jalapeno Cheddar Bagel w/ Cream Cheese   
WED: GF Greek Yogurt\* w/ GF Granola   
THUR: Everything Bagel w/ Cream Cheese   
FRI: 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

\*Cows not treated w/ rBST  
\*\*Organic, grass-fed cheese

### OFFERED DAILY

Western BBQ Chicken Salad  
Onion Rings, BBQ Chicken, Corn, Organic Spring Mix, Cabbage, Carrot,  
Organic Bell Pepper, Organic Cheddar\*\*, Housemade Greek Yogurt Ranch   
Spicy Chicken Sandwich   
Cheese  or Pepperoni Pizza   
Bean & Cheese Burrito   
Loco Burrito   
Kickin' Sandwich 

### DAILY SPECIALS

MON: Breaded Chicken Thigh w/ Roll   
Breaded chicken thigh with freshly baked roll  
TUE: Beef Bolognese Pasta w/ Mozzarella  
Locally made Etto Pasta crafted with clean, simple ingredients  
WED: Honey Sriracha Boneless Wings & Fried Rice  
Fan favorite wings now served with veggie fried rice!  
THUR: Swiss Burger w/ Turkey Bacon  
Korean Wings w/ Chow Mein Celery & Carrots  
FRI: Italian Meatball Baguette  w/ Mozzarella

### SANDWICH SPECIALS

Italian Trio Baguette  w/ Garlic Aioli  (M-W-F)  
(Turkey Pepperoni, Turkey Ham & Turkey Salami with Provolone\*,  
Tomato, Lettuce, Red Onion & Garlic Aioli)  
Turkey & Organic Cheddar Baguette  (T-Th)  
(Turkey Steak, Organic Cheddar\*\*, Lettuce & Tomato)

Freshly baked baguette with marinara, all beef meatballs + mozzarella  
 Vegetarian  One Health Cert.  House-Made  Contains Peanut  
 Vegan  Contains Pork  Contains Sesame  Freshly Baked

## FARM 2 SCHOOL: OCTOBER

CUSD is proud to serve local & organic produce!

Organic Pink Lady Apple  
WA grown



Pluot  
Grown within 150 miles



Organic Banana  
Non-Domestic



Apple Slices  
CA grown



Kiwi  
Grown within 150 miles



Organic Dragon Fruit  
Grown within 150 miles



Organic Butter Lettuce  
grown within 150 miles



Baby Carrots  
grown within 300 miles



Red Onion  
CA grown



Organic Spring Mix  
grown within 150 miles



Grape Tomatoes  
grown within 150 miles



Organic Bell Pepper  
grown within 150 miles



Persian Cucumber  
grown within 150 miles



Celery  
grown within 150 miles



## FALL INTO OCTOBER SPECIALS!

### 10/7: 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.