



CUSD MIDDLE SCHOOL MENU

FREE FOR ALL STUDENTS

October 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

Ham & Swiss
Croissant

TUESDAY

Pepperoni
Croissant

Everything
Bagel w/
Cream Cheese

WEDNESDAY

House-made
Sausage, Cheese
& Tater Tot
Breakfast Burrito
w/ Salsa

THURSDAY

Pepperoni
Croissant

Everything
Bagel w/
Cream Cheese

FRIDAY

Ham & Swiss
Croissant

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola
Plain Bagel w/ Cream Cheese
GF Honey Cheerios Cereal
GF Cinnamon Chex Cereal

October 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

10/5 - LAST CHANCE!
Turkey Cubano Melt
 10/12, 10/19, 10/26
BBQ Chicken Sandwich
w/ Pickle Spear

TUESDAY

Spicy Chicken
Sandwich

Personal Pan
Cheese &
Pepperoni Pizza

WEDNESDAY

Turkey Pesto
Provolone*
Ciabatta

Classic
Cheeseburger

THURSDAY

Spicy Chicken
Sandwich

Personal Pan
Cheese &
Pepperoni Pizza

FRIDAY

Chicken
Potstickers w/
Broccoli

Classic
Cheeseburger

OFFERED DAILY

Crispy Chicken Chunks w/ Roll & Ranch
Bistro Box: Croissant , Turkey Roll-ups,
Cheese Cubes, Fresh Fruit
Loco Burrito

CELEBRATE
NATIONAL SCHOOL LUNCH WEEK
OCT 12 - 16, 2026

Vegetarian Contains Pork Vegan
 House-Made Contains Sesame **Organic
 Freshly Baked
*Made from cows not treated with rBST

VISIT [CAPISTRANO.HEALTHELIVING.NET](https://capistrano.healtheliving.net) FOR INTERACTIVE MENUS & MORE INFORMATION

This institution is an equal opportunity provider.

Menus are subject to change without notice.

RECIPE CONTEST

Share Your Favorite Lunch Recipe!

- ✓ 5 ingredients or less
- ✓ Include fruit or veggie
- ✓ Your name, school, grade
- ✓ Recipe & short story
- ✓ Add photo or drawing

DUE OCTOBER 16



FARM TO SCHOOL OCTOBER



Organic Dragonfruit
Grown w/in 150 mi



Organic Gala
WA Grown



Celery
Grown w/in 150 mi



Kiwi
Grown w/in 150 mi



Plum
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



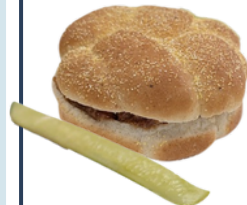
Persian Cucumber
Grown w/in 150 mi



Organic Butter
Lettuce Grown
w/in 150 mi

NATIONAL SCHOOL LUNCH WEEK

OCT 12 - 16, 2026



MON 10/12 Pulled BBQ Chicken Sandwich with House-made Pickle Spear

Pulled NAE chicken tossed in BBQ sauce, served on a knot bun with a house-made pickle featuring local Persian cucumber.



WED 10/14 Street Corn Chicken Bowl

NAE fajita-seasoned chicken served with cilantro-lime brown rice and house-made street corn esquites.



FRI 10/16: Filipino Chicken Adobo w/ Brown Rice

A CUSD chef specialty! Savory chicken adobo served with brown rice featuring a Mary's Chicken thigh.

MIDDLE SCHOOL LIMITED TIME SPECIALS!

THE SCOOP ON LUNCH AT CUSD!



THOUGHTFUL SOURCING

No artificial nitrites or nitrates on our menu.



FRESHLY BAKED

Croissants, bagels, rolls & more baked on site.



LOCAL PRODUCE

We source fruits & veggies from local farms.



YOUR VOICE MATTERS

Student feedback on Happy or Not machines shapes our menus.



BEHIND EVERY MEAL

Our nutrition professionals prepare & serve over 3 million meals a year.



ALWAYS IMPROVING

Reducing added sugar, making more in-house, and focusing on quality.