

High School Menu

FEATURED MENU ITEM:

KIWI BERRIES

AVAILABLE
9/22-9/30



DON'T BE FOOLED, KIWI BERRIES ARE SWEET WHEN WRINKLED!

- Mini kiwis with smooth skin, not fuzzy.
- Eat whole like grapes!
- They are sweet & juicy when wrinkled and soft.
- Packed with Vitamin C, fiber & antioxidants.

Check Out Our Interactive Menus!

For full nutrition, ingredient, and allergen info, visit our website, bit.ly/wefeedkids Go to the menus page and click Interactive Menus.

If you have a food allergy or need a special diet accommodation, contact us at 949-234-9539 or 234-9510.

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

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

Lunch

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

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

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)

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

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

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

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: SEPTEMBER

CUSD is proud to serve
local & organic produce.

Organic Gala Apple

WA grown



Peach

Grown within 150 miles



Plum

Grown within 150 miles



Grapes

CA grown



Asian Pear

Grown within 150 miles



Celery Sticks

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



Kiwi Berries

WA grown

