# High School

**FEATURED MENU ITEM:** 

## **KIWI BERRIES**



#### 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, <u>bit.ly/wefeedkids</u> Go to the menus page and click Interactive

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® Mable Waffle D Plain Bagel W/ Cream Cheese D 🕮 Plain Bagel w/ Peanut Butter/ 🔊 🛳 GF Cinnamon Chex Cereal D GF Honey Cheerios Cereal D

DAILY SPECIALS

MON: GF Greek Yogurt\* W/ GF Granola D

TUE: Jalapeno Cheddar Bagel W/ Cream Cheese 🔊 🦀

WED: GF Greek Yogurt\* w/ GF Granola D

THUR: Everything Bagel w/ Cream Cheese No 🌥

FRI: GF Greek Yogurt\* W/ GF Granola D

**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 💞 💿

### SANDWICH SPECIALS

Italian Trio Baquette ww/ 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: 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 Whas & 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 🦦/ Mozzarella

Freshly baked baquette with marinara, all beef meatballs + mozzarella

**Vegan** PContains Pork **S**Contains Sesame **Freshly Baked** 

#### FARM 2 SCHOOL: SEPTEMBER

CUSD is proud to serve local & organic produce.

WA grown

Grown within 150 miles

Grown within 150 miles

Plum

Asian Pear



Grown within 150 miles

**Baby Carrots** grown within 300 miles

Red Onion

CA grown



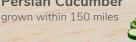
#### **Grape Tomatoes** grown within 150 miles



**Organic Bell Pepper** grown within 150 miles



Persian Cucumber



Kiwi Berries WA grown







Organic Gala Apple





Celery Sticks

Grown within

150 miles







**Organic Butter Lettuce** 

grown within 150 miles

