

Middle 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

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 🌱 (S)
W: Ham + Swiss Croissant (P)
TH: Everything Bagel w/ Cream Cheese 🌱 (S)
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)
W: All Natural Turkey Pesto Provolone Ciabatta
all natural turkey, provolone cheese*, pesto spread on whole grain ciabatta
TH: Classic Cheeseburger
whole grain brioche bun, 100% beef patty + American cheese
F: Chicken Pot Stickers w/ Broccoli (S)

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

FARM 2 SCHOOL: SEPTEMBER

CUSD is proud to serve local & organic produce!

Organic Gala Apple

WA grown



Grapes

CA grown



Organic Spring Mix

grown within 150 miles



Plum

Grown within 150 miles



Grape Tomatoes

grown within 150 miles



Iceberg Lettuce

California grown



Asian Pear

Grown within 150 miles



Organic Bell Pepper

California grown



Persian Cucumber

grown within 150 miles



Peach

grown within 150 miles



Baby Carrots

grown within 300 miles



Kiwi Berries

WA grown

