# Middle School Menu

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 nfo, visit our website, bit.ly/wefeedkids 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

## DAILY SPECIALS

M: Ham & Swiss Croissant (P)

T: Everything Bagel w/ Cream Cheese 🌬 🍮

W: Ham & Swiss Croissant P

TH: Everything Bagel w/ Cream Cheese 🔊 🍮

F: Ham & Swiss Croissant®

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

\*Made from cows not \*\*Organic treated with rBST

### **OFFERED DAILY**

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Plain Bagel w/ Cream Cheese 🔊 🦀

GF Honey Cheerios Cereal >

GF Cinnamon Chex Cereal

Maple Waffle >

GF Greek Yogurt\* w/ GF Granola

Pizza Stick 10

Double Crunch Taco Salad

2 taco shells, 100% beef taco filling, organic cheddar\*\*, organic bell pepper, tomato, com, organic spring mix, cabbage, carrot & ranch

Bean & Cheese Burrito 🔊

Loco Burrito

Spicy Chicken Sandwich 🔾 💿 Cheese Pizza 🍑

Pepperoni Pizza 🕬

Negetarian Portains Pork Vegan Phouse-Made

### 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 Cheeseburaer

whole grain brioche bun, 100% beef patty & American cheese

F: Chicken Pot Stickers w/ Broccoli 6

S Contains Sesame



CUSD is proud to serve local & organic produce!



## FARM 2 SCHOOL: SEPTEMBER

**Organic Gala Apple** 

WA grown



Grapes CA grown





**Organic Spring Mix** 





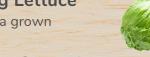
Grown within 150 miles



**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

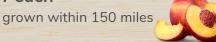
miles







Peach





**Baby Carrots** grown within 300 miles