



CUSD MIDDLE SCHOOL MENU

FREE FOR ALL STUDENTS

September 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 

September 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

Turkey
Cubano Melt* 
w/ house spread 

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 

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

 Vegetarian

 Contains Pork

 Vegan

 House-Made

 Contains Sesame

**Organic

 Freshly Baked

*Made from cows not treated with rBST

This institution is an equal opportunity provider.

Menus are subject to change without notice.

Farm to School: September

CUSD is proud to serve local + organic produce!



Organic Dragonfruit
Grown within 150 miles



Organic Fuji Apple
Washington Grown



Nectarine
Grown within 150 mi.



Plum
Grown within 150 mi.



Organic Apple Slices
Grown in WA & CA



Asian Pear
Grown within 150 mi.



Grapes
Grown within 300 mi.



Persian Cucumbers
Grown within 150 mi.



Baby Carrots
Grown within 300 mi.



Organic Butter Lettuce
Grown within 150 mi.



Organic Spring Mix
Grown within 10 mi.



Celery
Grown within 150 mi.

Follow CapoFood on Instagram!

**For interactive menus, visit
capistrano.healtheliving.net**

DRAGONFRUIT: THE FRUIT BEHIND THE REFRESHER

Pitaya is another name for dragonfruit and this month, you can try it at school!

YES, THIS IS
PITAYA!



- **GROWN CLOSE TO HOME!** Our organic magenta dragonfruit is grown in San Diego County on a climbing cactus that loves warm weather.
- **WHAT MAKES MAGENTA SPECIAL?** Its bright pink color comes from natural plant pigments called *betalains* - the same family of pigments that give beets their color.
- **WHAT DOES IT TASTE LIKE?** Mild and lightly sweet, with a texture similar to a kiwi. The tiny seeds are edible!
- **NUTRITION BENEFITS!** Dragonfruit provides vitamin C, fiber, and antioxidants to help support overall health.

BUILD YOUR MEAL, YOUR WAY!

It's your choice! Here's what to know when building your breakfast and lunch at school.

BREAKFAST

PICK AN ENTREE

Breakfast entrees include grains and/or protein.



ADD SOME FRUIT

Choose at least ½ cup fruit to complete your meal.



MILK? YOUR CHOICE.

1% & non-fat milk are available, but milk is optional.



LUNCH

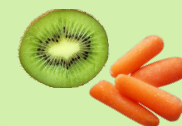
PICK AN ENTREE

Lunch entrees include grains and protein.



ADD FRUITS & VEGGIES

Choose at least ½ cup fruit and/or veggies to complete your meal.



MILK? YOUR CHOICE.

1% & non-fat milk are available, but milk is optional.



This is the minimum, you're always welcome to take more fruits & veggies! Take what you'll enjoy and eat.