

Breakfast Menu



MON

TUES

Funnel Cake

WED

Breakfast Burrito

THUR

Fruit & Yogurt Parfait

FRI

Week 1- Breakfast Burrito
Week 2- Bacon Croissantwich

Sunshine Burrito Vegan

Cinnamon Roll
Zesty Bosco Stick
Bagel & Cream Cheese
Oatmeal Chocolate Chip Bar

Available Daily

Meals Include

Organic Apple Raisins
Organic Orange Apple Juice
Fresh Kiwi 1% Milk or
Banana NF Chocolate Milk

Please take at least one fruit

CAPO CUISINE

ENHANCING EDUCATION THROUGH NUTRITION



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Monday

Tuesday

Wednesday

Thursday

Friday

Turkey Sub & Sun Chips
or Orange Chicken

Bacon Cheddar Turkey
Burger

Chicken Nuggets & Garlic Toast
or Cheeseburger

Pulled
Pork
Nachos
with
Salsa

Turkey Sub & Sun Chips
or Orange Chicken

Bacon Cheddar
Turkey Burger

Chicken Nuggets & Garlic
Toast or Cheeseburger

Meals Include

Please take at least one fruit or vegetable

Organic Apple
Organic Orange
Fresh Kiwi
Banana

Fresh Pear
Raisins
Organic Baby Carrots
Fresh Side Salad

Maple Baked Beans (Monday)
Tator Tots (Wednesday)
1% White Milk or
NF Chocolate Milk

Smart Snacks

GOLDFISH CRACKERS \$0.50
FRESH FRUIT OR VEG \$0.75
POPARTS \$0.75
FROZEN SMOOTHIE CUP \$0.75
MUNCHIES MIX \$0.75

BROWNIE \$0.75
ASSORTED CHIPS \$1.00
POPCORN \$1.00
PIRATE'S BOOTY \$1.00
RICE KRISPY TREAT \$1.00
FRESHLY BAKED COOKIE \$1.00
JUST WATER \$1.00
KETTLECORN \$1.25
GARDEN SIDE SALAD \$1.50
SWITCH JUICE \$1.50
APPLE OR GRAPE JUICE \$1.50
NAKED JUICE \$2.75

All items meet or exceed USDA Smart Snack regulations

\$3

Middle School
6th- 8th Grade

Lunch Menu

Available Daily

Vegan

Loco Burrito
Hummus Box
Market Fresh Salad
& Flat Bread

Homestyle or Spicy Chicken Sandwich & Doritos
Domino's Pizza- Cheese ✓ or Pepperoni
Bean & Cheese Burrito ✓

✓ = Vegetarian



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This institution is an equal opportunity provider
Menu subject to change without notice