

# High School Menu

NOW SERVING:

## Brunch

Pancake, Sausage & Cheese Sandwich



### Did You Miss Breakfast Service??

Some breakfast offerings may be available as a brunch entree during lunch! Look for a brunch symbol for these items.



This institution is an equal opportunity provider. Menus are subject to change without notice.



[bit.ly/wefeedkids](https://bit.ly/wefeedkids)

@CapoFood

## Breakfast

Fruit offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult breakfast \$4.50

**FREE** FOR ALL STUDENTS

### OFFERED DAILY

- NEW** **Capo Muffin Sandwich** (Whole Grain English Muffin, Canadian Turkey Ham + Cheddar Cheese\*)
- NEW** **Pancake, Sausage + Cheese Sandwich** (Whole Grain Buttermilk Pancake, Chicken Sausage + Cheese)
- Pizza Stick** (Whole Grain Breadstick, Mozzarella Cheese, Pizza Sauce + Pepperoni)

- Oatmeal Chocolate Chip Bar
- GF Honey Cheerios Cereal
- Cinnamon Swirl
- Bagel w/ Cream Cheese
- Bagel w/ Peanut Butter

## Lunch

Fruits & vegetables offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult lunch \$5.50

### OFFERED DAILY

- Grilled Chicken Garden Salad w/ Flatbread (Fresh Romaine, Bell Pepper, Red Onion, Chicken, Ranch + Flatbread)
- NEW** **Italian Combo Hoagie** (Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone\*)
- Pulled Pork BBQ Hoagie
- Spicy Chicken Sandwich
- Hummburger (contains sesame)
- Freshly Baked Cheese or Pepperoni Pizza
- Bean + Cheese Burrito
- Loco Burrito

### DAILY SPECIALS

- TUES:** Swiss\* Burger with Turkey Bacon  
Turkey Steak Hoagie w/ Cheddar\*
- WED:** **NEW** Korean BBQ Wings w/ Chow Mein, Celery + Carrots
- THURS:** **NEW** Breaded Chicken Thigh w/ Garlic Bread Stick
- FRI:** Mac + Cheese w/ Bread Stick   
Meatball Hoagie w/ Mozzarella\*

Vegetarian Contains Pork Vegan Contains Peanut No Antibiotics Ever \*Made from cows not treated with rBST

### Did You Know?

- Stone fruits get their name from the pit or "stone" in their center.
- It includes peaches, plums, nectarines, apricots, mangos, raspberries, lychee, cherries, and more.
- California is the "stone fruit state." Over 80% of the nation's stone fruit is grown here with peaches at 70%, plums at 95%, and nectarines at 99% of total US production.

## FARM 2 SCHOOL: STONE FRUIT

This month look for California grown **STONE FRUIT** on our menus!

