

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

@CapoFood

Breakfast

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

OFFERED DAILY

NEW Capo Muffin Sandwich **BRUNCH**

(Whole Grain English Muffin, Canadian Turkey Ham + Cheddar Cheese*)

NEW Pancake, Sausage + Cheese Sandwich **BRUNCH**

(Whole Grain Buttermilk Pancake, Chicken Sausage + Cheese)

Pizza Stick **P** **BRUNCH**

(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 **BRUNCH**

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 **P**

Spicy Chicken Sandwich

Hummurger **V** (contains sesame)

Freshly Baked Cheese or Pepperoni Pizza

Bean + Cheese Burrito

Loco Burrito **V**

DAILY SPECIALS

TUES: Swiss* Burger with Turkey Bacon
Turkey Steak Hoagie w/ Cheddar*

WED: **NEW** Korean BBQ Wings **V** w/ Chow
Mein, Celery + Carrots

THURS: **NEW** Breaded Chicken Thigh **V** w/
Garlic Bread Stick

FRI: Mac + Cheese w/ Bread Stick
Meatball Hoagie w/ Mozzarella*

V Vegetarian **P** Contains Pork **V** Vegan **P** Contains Peanut **V** 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!

