

# High School Menu

## RAMEN CUP WITH KOREAN BBQ CHICKEN

Tuesdays & Fridays  
Starting April 14!



Chicken strips tossed in Korean BBQ Sauce served with whole grain noodles, edamame, and corn in a grab & go cup.

## ORGANIC STRAWBERRIES



**Peak Strawberry Season!**  
Sweet, refreshing, and packed with vitamin C.

Look for them at breakfast this month!

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

VISIT [CAPISTRANO.HEALTHLIVING.NET](http://CAPISTRANO.HEALTHLIVING.NET) FOR MORE INFORMATION.

## Breakfast

Fruit offered with meal. 1% milk\* or non-fat milk\* optional.  
Free for all students. Adult breakfast \$5.50

**FREE** FOR ALL STUDENTS

### OFFERED DAILY

- Ham + Swiss Croissant 🍞
- Pizza Stick 🍕
- Maple Waffle 🍩
- Plain Bagel w/ Cream Cheese 🍞🥛
- Plain Bagel w/ Peanut Butter 🍞🥜
- GF Cinnamon Chex Cereal 🍌
- GF Honey Cheerios Cereal 🍌

### DAILY SPECIALS

- MON-WED-FRI: GF Greek Vanilla Yogurt\* with GF Granola 🍌
- TUES: Jalapeno Cheddar Bagel w/ Cream Cheese 🍞🥛
- THUR: Everything Bagel w/ Cream Cheese 🍞🥛

## Lunch

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

\*Cows not treated w/ rBST  
\*\*Organic, grass-fed cheese

### OFFERED DAILY

- Western BBQ Chicken Salad  
Onion Rings, BBQ Chicken, Corn, Organic Spring Mix, Cabbage, Carrot, Organic Bell Pepper, Organic Cheddar\*\*, Housemade Greek Yogurt Ranch 🍴
- Spicy Chicken Sandwich 🍔🍌
- Cheese 🍌 or Pepperoni Pizza 🍕
- Bean + Cheese Burrito 🌯
- Loco Burrito 🌯
- Kickin' Sandwich 🍔🍌

### DAILY SPECIALS

- MON: Breaded Chicken Thigh w/ Roll 🍗🍞  
Breaded chicken thigh with freshly baked roll
- TUE: Beef Bolognese Pasta w/ Mozzarella  
Locally made Etto Pasta crafted with clean, simple ingredients
- WED: Honey Sriracha Boneless Wings + Fried Rice  
Fan favorite wings now served with veggie fried rice!
- THUR: Swiss Burger w/ Turkey Bacon

### SANDWICH SPECIALS

- Italian Trio Baguette 🍞 w/ Garlic Aioli 🍴 (M-W-F)  
(Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone\*, Tomato, Lettuce, Red Onion + Garlic Aioli)
- Turkey + Organic Cheddar Baguette 🍞 (T-Th)  
(Turkey Steak, Organic Cheddar\*\*, Lettuce + Tomato)

- Korean Wings w/ Chow Mein, Celery + Carrots
- FRI: Italian Meatball Baguette 🍞 w/ Mozzarella  
Freshly baked baguette with marinara, all beef meatballs + mozzarella

🌿 Vegetarian 🍌 One Health Cert. 🍴 House-Made 🥜 Contains Peanut  
🌱 Vegan 🍖 Contains Pork 🍷 Contains Sesame 🍞 Freshly Baked

## FARM 2 SCHOOL: APRIL

CUSD is proud to serve local & organic produce!

Organic Fuji Apple  
Washington grown



Organic Mandarin  
Grown within 150 miles



Organic Spring Mix  
Grown within 10 miles



Persian Cucumber  
Grown within 150 miles



Baby Carrots  
grown within 300 miles



Tomatoes  
Arizona grown



Organic Banana  
Non-Domestic



Apple Slices  
CA, WA, MI grown



Organic Butter Lettuce  
Grown within 150 miles



Asian Pear  
Grown within 150 miles



Organic Strawberries  
Grown within 300 miles



Celery Sticks  
grown within 150 miles

