

# Union High School Menu

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

**FREE** FOR ALL STUDENTS

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

## OFFERED DAILY

- GF Greek Yogurt\* w/ GF Granola 🌱
- Maple Waffle 🌱
- GF Cinnamon Chex Cereal 🌱
- Plain Bagel w/ Cream Cheese 🌱🍞
- GF Honey Cheerios Cereal 🌱
- Plain Bagel w/ Peanut Butter 🌱🍞

**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 🌱🍷

## 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)



## Peak Strawberry Season!

Sweet, juicy and in season: California strawberries are at their peak for flavor and freshness.

Packed with Vitamin C to support the immune system and help us feel our best.

Good source of fiber that keeps us full and energized.

Did you know approximately 90% of our nation's strawberries are grown right here in California?

Look for them at breakfast this month!

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

🌱 Vegetarian 🌱 Vegan 🍷 One Health Cert. 🍷 Contains Pork 🍴 House-Made 🍷 Contains Peanut 🍷 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		Persian Cucumber grown within 150 miles		Organic Spring Mix Grown within 10 miles	
Organic Banana Non-Domestic		Apple Slices CA, WA, MI grown		Baby Carrots grown within 300 miles		Tomatoes Arizona Grown	
Asian Pear Grown within 150 miles		Organic Strawberries Grown within 300 miles		Organic Butter Lettuce Grown within 150 miles			
		Celery Sticks grown within 150 miles					

