



CUSD HIGH SCHOOL MENU

FREE FOR ALL STUDENTS

CAPISTRANO.HEALTHELIVING.NET FOR MORE INFO

August High School Breakfast

All menu items are free from artificial nitrites and nitrates.

Fruit offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult breakfast \$6.00

SPECIALS

MONDAY

Ham & Swiss
Croissant 

TUESDAY

 Pepperoni
Croissant 

Everything
Bagel  w/
Cream Cheese 

WEDNESDAY

 House-made
Sausage, Cheese
& Tater Tot
Breakfast Burrito
w/ Salsa

THURSDAY

Pepperoni
Croissant 

Jalapeno Cheddar
Bagel  w/
Cream Cheese 

FRIDAY

Ham & Swiss
Croissant 

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola 
Plain Bagel  w/ Cream Cheese 
Plain Bagel  w/ Peanut Butter 
GF Honey Cheerios Cereal 
GF Cinnamon Chex Cereal 

August High School Lunch

Fruit & vegetables offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult lunch \$7.00

SPECIALS

MONDAY

 Turkey, Bacon &
Swiss Baguette 
w/ house spread 

TUESDAY

Beef Bolognese
Pasta
w/ mozzarella**

WEDNESDAY

 Orange Chicken
Pizza 
w/ green onion &
sesame seeds 

THURSDAY

Korean BBQ
Chicken Wings &
Chow Mein

FRIDAY

 Zesty Lemon
Parm Drumstick
& Roll 

Cheese  or
Pepperoni Pizza 

Swiss Burger w/
Turkey Bacon

Italian Meatball
Baguette 
w/ mozzarella**

Swiss Burger w/
Turkey Bacon

Italian Meatball
Baguette 
w/ mozzarella**

 Turkey &
Provolone*
Baguette 

Turkey &
Provolone*
Baguette 

OFFERED DAILY

Spicy Chicken Sandwich 
 Chicken Garden Salad w/ Ranch  &
Parmesan Herb Flatbread 

Loco Burrito 

 Vegetarian  Contains Pork  Vegan
 House-Made  Contains Sesame **Organic
 Freshly Baked  Contains Peanut
*Made from cows not treated with rBST

This institution is an equal opportunity provider.

Menus are subject to change without notice.

Farm to School: August

CUSD is proud to serve local + organic produce!



Organic Fuji Apple
Washington Grown



Asian Pear
Grown within 150 mi.



Nectarine
Grown within 150 mi.



Plum
Grown within 150 mi.



Grapes
Grown within 300 mi.



Celery
Grown within 150 mi.



Organic Spring Mix
Grown within 10 mi.



Persian Cucumbers
Grown within 150 mi.



Baby Carrots
Grown within 300 mi.



Organic Butter Lettuce
Grown within 150 mi.



Tomatoes
Arizona Grown



Green Onion
Grown within 150 mi.

BUILD YOUR MEAL, YOUR WAY!

It's your choice! Here's what to know when building your breakfast and lunch at school.

BREAKFAST

PICK AN ENTREE
Breakfast entrees include grains and/or protein.



ADD SOME FRUIT
Choose at least ½ cup fruit to complete your meal.



MILK? YOUR CHOICE.
1% & non-fat milk are available, but milk is optional.



LUNCH

PICK AN ENTREE
Lunch entrees include grains and protein.



ADD FRUITS & VEGGIES
Choose at least ½ cup fruit and/or veggies to complete your meal.



MILK? YOUR CHOICE.
1% & non-fat milk are available, but milk is optional.



This is the minimum, you're always welcome to take more fruits + veggies! Take what you'll enjoy and eat.

NEW YEAR - NEW ITEMS

NEW

Pepperoni Croissant

Whole grain rich croissant filled with mozzarella cheese and uncured all beef pepperoni.

Turkey, Bacon + Swiss Baguette

Turkey, Swiss & our new turkey bacon free from artificial nitrites and nitrates, lettuce, tomato & house spread on a freshly baked sourdough baguette.

Orange Chicken Pizza

Freshly baked pizza topped with crispy Mandarin orange chicken, green onions, and sesame seeds.

NEW

House-Made Breakfast Burrito

Chicken sausage, organic cheddar & crispy tater tots wrapped in a whole grain rich tortilla served with fire-roasted red salsa on the side.

Turkey + Provolone Baguette

All natural turkey, provolone, tomato, and lettuce in a freshly baked sourdough baguette.

Zesty Lemon Parm Drumstick + Roll

Chicken drumstick tossed in a scratch-made lemon parmesan sauce with a freshly baked sourdough roll.

Chicken Garden Salad w/ Ranch + Parmesan Herb Flatbread

Organic spring mix grown at The Ecology Center, romaine, NAE hand pulled chicken, red bell pepper, and tomato with house-made Greek Yogurt Ranch Dressing and house-made Parmesan Herb Flatbread.

Follow CapoFood on Instagram!

For interactive menus, visit capistrano.healtheliving.net