



UNION, ATP & BRIDGES MENU

FREE FOR ALL STUDENTS

August Breakfast Menu

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

OFFERED DAILY

Plain Bagel 🥯 w/ Cream Cheese 🌿

GF Greek Yogurt* w/ GF Granola 🌿

Plain Bagel 🥯 w/ Peanut Butter 🥜 🌿

GF Cereal: Honey Cheerios 🌿 & Cinnamon Chex 🌿

August Lunch Menu

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

OFFERED DAILY

Spicy Chicken Sandwich 🍔

NEW Personal Pan Cheese Pizza 🌿 🥯

NEW Personal Pan Pepperoni Pizza 🥯

Loco Burrito 🌿

DELI SELECTIONS (TUESDAY-FRIDAY)

NEW Turkey & Provolone* Baguette 🥯
(All Natural Turkey, Provolone*, Lettuce & Tomato
on Freshly Baked Sourdough Baguette)

NEW Chicken Garden Salad with Ranch 🥗 &
Parmesan Herb Flatbread 🥯

VISIT [CAPISTRANO.HEALTHELIVING.NET](https://capistrano.healtheliving.net)

FOR INTERACTIVE MENUS & MORE INFORMATION

🌿 Vegetarian

🍖 Contains Pork

🌱 Vegan

🥄 House-Made

🍷 Contains Sesame

**Organic

🥞 Freshly Baked 🥜 Contains Peanut

*Made from cows not treated with rBST

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

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

Turkey + Provolone Baguette

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

NEW

Personal Pan Cheese + Pepperoni Pizza

New personal pan cheese pizza made with whole grain rich crust and 4 cheeses.
New personal pan pepperoni pizza made with whole grain rich crust, 4 cheeses, and uncured beef pepperoni.

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