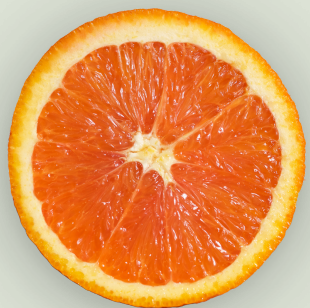


Adult Transition Program & Bridges Community Day High School Menu

**NOT YOUR
AVERAGE ORANGE!**

**ORGANIC & LOCAL
CARA CARA ORANGES**



- Vitamin C packed: supports immune system.
- Lycopene rich: the same antioxidant that gives tomatoes their color! Protects your cells and keeps skin healthy.
- Hydrating and energizing without caffeine or added sugar.
- Super sweet flavor.
- Grown Locally in Fallbrook: fresher fruit means better flavor and less travel time from farm to you.

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

VISIT CAPISTRANO.HEALTHELIVING.NET FOR MORE INFORMATION

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

Spicy Chicken Sandwich 🌱🍷

Cheese 🌱 or Pepperoni Pizza 🍞

Bean + Cheese Burrito 🌱

Loco Burrito 🌱

Kickin' Sandwich 🌱🍷

SALAD & SANDWICH SPECIALS

Western BBQ Chicken Salad (Tues-Fri)

Onion Rings, BBQ Chicken, Corn, Organic Spring Mix, Cabbage, Carrot, Organic Bell Pepper, Organic Cheddar**, Housemade Greek Yogurt Ranch 🌱

Turkey + Organic Cheddar Baguette 🍞 (Tues+Thur)

(Turkey Steak, Organic Cheddar**, Lettuce + Tomato)

Italian Trio Baguette 🍞

w/ Garlic Aioli 🌱 (Wed+Fri)

(Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone*, Tomato, Lettuce, Red Onion + Garlic Aioli)

🌱 Vegetarian 🌱 Vegan 🍷 One Health Cert. 🍷 Contains Pork 🍷 House-Made 🍷 Contains Peanut 🍷 Contains Sesame 🍷 Freshly Baked

FARM 2 SCHOOL: DECEMBER

**CUSD is proud to serve
local & organic produce!**

Organic Pink Lady
Washington grown



Organic Cara Cara
Grown within 150 miles



Organic Banana
Non-Domestic



Apple Slices
CA grown



Kiwi
Grown within 150 miles



Organic Bell Pepper
California Grown



Persian Cucumber
grown within 150 miles



Baby Carrots
grown within 300 miles



Organic Butter Lettuce
Grown within 150 miles



Celery Sticks
grown within 150 miles



NEW

Organic Spring Mix

Grown within 10 miles at The Ecology Center in San Juan Capistrano!



**THE
ECOLOGY
CENTER**

