

Adult Transition Program & Bridges Community Day High School Menu

ASIAN PEAR

CELEBRATE LUNAR NEW YEAR WITH ASIAN PEARS!



- Sometimes called “apple pears” because they’re round like apples but juicy like pears.
- Great grab & go snack, perfect for studying or sports.
- High in fiber for gut health.
- In many Asian cultures, fruit is shared during Lunar New Year to represent:
 - Good fortune
 - Wellness
 - Balance

VISIT 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

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

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

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

Italian Trio Baguette

w/ Garlic Aioli

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

Cheese or Pepperoni Pizza

Bean & Cheese Burrito

Loco Burrito

Kickin' Sandwich

FARM 2 SCHOOL: FEBRUARY

CUSD is proud to serve local & organic produce!

Organic Pink Lady Apple
Washington grown

Organic Banana
Non-Domestic

Asian Pear
Grown within 150 miles



Organic Cara Cara
Grown within 150 miles

Apple Slices
CA grown

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



Organic Spring Mix
Grown within 10 miles at The Ecology Center, a regenerative farm in our community!

