

High School Menu

LUNAR NEW YEAR LUNCH SPECIALS

TUE 2/17 & WED 2/18
MANDARIN ORANGE
CHICKEN WITH
CHOW MEIN



NO PASTA 2/17
NO WINGS 2/18

TUE 2/17 & WED 2/18
FORTUNE COOKIE
WITH LUNCH



WHILE
SUPPLY
LASTS!

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

VISIT CAPISTRANO.HEALTHYLIVING.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

Ham & Swiss Croissant (P)
Pizza Stick (P)
Maple Waffle
Plain Bagel w/ Cream Cheese
Plain Bagel w/ Peanut Butter
GF Cinnamon Chex Cereal
GF Honey Cheerios Cereal

DAILY SPECIALS

MON-WED-FRI: GF Greek Vanilla Yogurt*
with GF Granola
TUES: Jalapeno Cheddar Bagel w/ Cream Cheese
THUR: Everything Bagel w/ Cream Cheese

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)

DAILY SPECIALS

MON: Breaded Chicken Thigh w/ Roll
Breaded chicken thigh with freshly baked roll
TUE: Beef Bolognese Pasta w/ Mozzarella
Locally made Etto Pasta crafted with clean, simple ingredients
WED: Honey Sriracha Boneless Wings & Fried Rice
Fan favorite wings now served with veggie fried rice!
THUR: Swiss Burger w/ Turkey Bacon
Korean Wings w/ Chow Mein, Celery & Carrots
FRI: Italian Meatball Baguette w/ Mozzarella
Freshly baked baguette with marinara, all beef meatballs + mozzarella

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

FARM 2 SCHOOL: FEBRUARY

CUSD is proud to serve
local & organic produce!

Organic Pink Lady Apple Washington grown
Organic Cara Cara Grown within 150 miles
Organic Banana Non-Domestic
Apple Slices CA grown
Asian Pear Grown within 150 miles
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!

