

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.HEALTHLIVING.NET FOR MORE INFORMATION

Breakfast

OFFERED DAILY

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

Lunch

Fruits & vegetables offered with meal. 1% milk* or non-fat milk* optional.
Free for all students. Adult lunch \$6.50

FREE FOR ALL STUDENTS

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

*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)

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



Persian Cucumber
grown within 150 miles

Baby Carrots
grown within 300 miles

Organic Butter Lettuce
Grown within 150 miles



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



CAPO CUISINE