

# Union 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

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

VISIT [CAPISTRANO.HEALTHELIVING.NET](http://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

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)

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

## 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!

