# High School Menu NOW SERVING: Brunch



#### Did You Miss Breakfast Service??

Some breakfast offerings may be available as a brunch entree during lunch! Look for a brunch symbol for these items.



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



bit.ly/wefeedkids



@CapoFood

## **Breakfast** Fruit offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult breakfast \$4.50





(Whole Grain English Muffin, Canadian Turkey Ham+ Cheddar Cheese\*)



(Whole Grain Buttermilk Pancake, Chicken Sausage & Cheese)

Pizza Sticke BRUNCH

(Whole Grain Breadstick, Mozzarella Cheese, Pizza Sauce & Pepperoni)

Oatmeal Chocolate Chip Bar • GF Honey Cheerios Cereal > Cinnamon Swirl Bagel w/ Cream Cheese Bagel w/ Peanut Butter > 0 GRUNCH

**Lunch** Fruits & vegetables offered with meal. 1% milk\* or non-fat chocolate milk\* optional. Free for all students. Adult lunch \$5.50

## OFFERED DAILY

Grilled Chicken Garden Salad w/ Flatbread (Fresh Romaine, Bell Pepper, Red Onion, Chicken, Ranch & Flatbread) wtalian Combo Hoagie

(Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone\*)

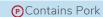
Pulled Pork BBQ Hoagie 🕑 Spicy Chicken Sandwich

Hummburger (contains sesame)

Freshly Baked Cheese or Pepperoni Pizza

Bean & Cheese Burrito

Loco Burritov







## DAILY SPECIALS

TUES: Swiss\* Burger with Turkey Bacon Turkey Steak Hoagie w/ Cheddar\*

WED: 🔛 Korean BBQ Wings 💆 w/ Chow Mein, Celery & Carrots

THURS: Preaded Chicken Thigh w/ Garlic Bread Stick

FRI: Mac & Cheese w/ Bread Stick > Meatball Hoagie w/ Mozzarella\*

➡No Antibiotics Ever \*Made from cows not treated with rBST

### Did You Know?

- CA provides >80% of citrus for the US!
- Most citrus is in season from September -June.
- Citrus contain Vitamin C. A. and fiber.
- Vitamin C: supports immune systems.
- Vitamin A: supports eye health.
- Fiber: supports digestive health.



