

High School Menu

NOW SERVING:

Brunch

Pancake, Sausage & Cheese Sandwich



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

OFFERED DAILY

NEW Capo Muffin Sandwich

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

NEW Pancake, Sausage + Cheese Sandwich

(Whole Grain Buttermilk Pancake, Chicken Sausage + Cheese)

Pizza Stick

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

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)

NEW Italian 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 Burrito

DAILY SPECIALS

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

WED: **NEW** Korean BBQ Wings w/ Chow
Mein, Celery + Carrots

THURS: **NEW** Breaded Chicken Thigh w/
Garlic Bread Stick

FRI: Mac + Cheese w/ Bread Stick
Meatball Hoagie w/ Mozzarella*

Vegetarian Contains Pork Vegan Contains Peanut 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.

FARM 2 SCHOOL: CITRUS

This month look for California
grown STONE FRUIT
on our menus!

