

# High School Menu

## NEW ITEMS: Plant Based

Plant-Based  
NEW  
MENU  
ITEMS!



TRY TODAY!



Vegan  
Chick'N Marinara  
Hoagie

Vegan  
Chick'N Salad  
w/ Asian Dressing



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



[bit.ly/wefeedkids](https://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

**FREE** FOR ALL STUDENTS

### OFFERED DAILY

Capo Muffin Sandwich

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

Pancake, Sausage + Cheese Sandwich

(Whole Grain Buttermilk Pancake, Chicken Sausage + Cheese)

Pizza Stick

(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

## 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)

Kickin' Salad w/ Chips + Sesame Dressing

Italian Combo Hoagie

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

Pulled Pork BBQ Hoagie

Spicy Chicken Sandwich

Freshly Baked Cheese or Pepperoni Pizza

Bean + Cheese Burrito

Loco Burrito

Vegetarian Contains Pork Vegan Contains Peanut  
\*Made from cows not treated with rBST

### DAILY SPECIALS

TUES: Swiss\* Burger with Turkey Bacon

Turkey Steak Hoagie w/ Cheddar\*

WED: Korean BBQ Wings w/ Chow

Mein, Celery + Carrots

THURS: Breaded Chicken Thigh w/

Garlic Bread Stick

FRI: Mac + Cheese w/ Bread Stick

Meatball Hoagie w/ Mozzarella\*

Vegan Chicken Parmless Hoagie

## 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!

