

# High School Menu

**NATIONAL SCHOOL BREAKFAST WEEK  
LIMITED TIME SPECIALS: MARCH 3-7**

## Ham & Swiss Croissant

Whole Grain Croissant with Sliced Ham & Swiss Cheese (contains pork)



**13 grams of protein!**

### Flaky, Cheesy, Protein- Packed!

Just like your favorite coffee shop sandwich - but at school! Pair with milk for added protein and enjoy with your favorite fruit.

## Locally Grown Strawberries

Packed with vitamin C, antioxidants, and fiber, helping to support a healthy immune system and digestion!



### Check Out Our Interactive Menus!

For full nutrition, ingredient, and allergen info, visit our website, [bit.ly/wefeedkids](http://bit.ly/wefeedkids) Go to the menus page and click Interactive Menus.

If you have a food allergy or need a special diet accommodation, contact our Nutrition Specialist at 949-234-9510 or [stillingworth@capousd.org](mailto:stillingworth@capousd.org)

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

## 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

- GF Greek Yogurt\* w/ Granola
- Freshly Baked Bagel w/ Cream Cheese  
Jalapeno Cheddar, Everything, Plain
- GF Cinnamon Chex Cereal
- GF Honey Cheerios Cereal
- Capo Muffin Sausage Sandwich\*\*
- Pancake Sausage + Cheese Sandwich
- Pizza Stick
- Plain Bagel w/ Peanut Butter
- Maple Waffle

## Lunch

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

\*Cows not treated w/ rBST  
\*\*Organic, grass-fed cheese

### OFFERED DAILY

- Grilled Chicken Garden Salad w/ Flatbread  
(Fresh Romaine, Bell Pepper, Red Onion, Chicken, Ranch + Flatbread)
- Italian Combo Hoagie  
(Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone\*)
- Spicy Chicken Sandwich
- Buffalo Ranch Chicken Wrap  
Cheese or Pepperoni Pizza  
Bean + Cheese Burrito
- VEGAN ENTREES**
- Loco Burrito (daily)
- Buffalo Kickin' Nuggets+Chips (M-W-F)
- Sesame Kickin' Nugget Salad+Chips (T-Th)

### DAILY SPECIALS

- TUES:** Korean BBQ Wings w/ Chow Mein  
Italian Mozzarella Burger\*
  - WED:** Swiss\* Burger with Turkey Bacon  
Pulled Pork BBQ Hoagie
  - THURS:** Breaded Chicken Thigh w/ Bread Stick  
Meatball Hoagie w/ Mozzarella  
Honey Sriracha Boneless Wings w/ Bread Stick
  - FRI:** Mac + Cheese w/ Bread Stick  
Turkey Steak Hoagie w/ Cheese\*\*  
Honey Sriracha Boneless Wings w/ Bread Stick
- 🌿 Vegetarian 🐷 Contains Pork 🌱 Vegan 🥜 Contains Peanut  
🍞 Freshly Baked 🏆 One Health Certified 🌰 Contains Sesame

## FARM 2 SCHOOL: MARCH

CUSD is proud to serve local & organic produce.

**Organic Granny Smith Apple**  
WA grown



**Organic Banana**  
non-domestic



**Kiwi**  
grown within 150 miles



**Organic Tango Mandarins**  
Grown within 150 miles



**Organic Butter Lettuce**  
CA, MI or WA grown



**Baby Carrots**  
grown within 300 miles



**Romaine Lettuce**  
grown within 300 miles



**Organic Spring Mix**  
grown within 150 miles



**Grape Tomatoes**  
grown within 150 miles



**Organic Bell Pepper**  
grown within 150 miles



**Organic Sugar Snap Peas**  
CA grown

