

ATP & Bridges Menu

FEATURED MENU ITEM:

Capo Muffin Sausage Sandwich



NEW RECIPE

English Muffin with One Health Certified Chicken Sausage and Organic, Grass-fed Cheddar Cheese.

Check Out Our Interactive Menus!

For full nutrition, ingredient, and allergen info, visit our website, 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

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

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
- NEW** 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

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
- Loco Burrito

Vegetarian
 Contains Pork
 Vegan
 Contains Peanut
 Freshly Baked
 One Health Certified
 Contains Sesame
 *Cows not treated w/ rBST **Organic, grass-fed cheese

FARM 2 SCHOOL: JANUARY

CUSD is proud to serve local & organic produce.

Organic Fuji Apple
Washington grown



Organic Bananas
non-domestic



Apple Slices
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 Butter Lettuce
grown within 150 miles



Granny Smith Apple
grown within 150 miles



Organic Cara Cara Orange
Grown within 150 miles

