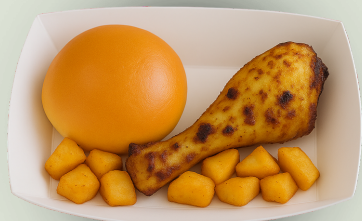


High School Menu

WINTER SPECIALS:

TUESDAY 12/9: MARY'S ROASTED CHICKEN DRUMSTICK PLATE



- Mary's Chicken Drumstick seasoned with spices & roasted
- Crispy roasted potatoes with savory herbs
- Freshly baked Roll

WEDNESDAY 12/10: CHILI FRITOS WALKING TACO

IT'S BACK!



- House-made beef chili
- Whole grain Fritos
- Organic cheddar

****NO PIZZA 12/9 & 12/10****

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

VISIT CAPISTRANO.HEALTHLIVING.NET FOR MORE INFORMATION

Breakfast

Fruit offered with meal. 1% milk* or non-fat milk* optional.
Free for all students. Adult breakfast \$5.50

OFFERED DAILY

Ham & Swiss Croissant
Pizza Stick
Maple Waffle
Plain Bagel w/ Cream Cheese
Plain Bagel w/ Peanut Butter
GF Cinnamon Chex Cereal
GF Honey Cheerios Cereal

DAILY SPECIALS

MON-WED-FRI: GF Greek Vanilla Yogurt*
with GF Granola
TUES: Jalapeno Cheddar Bagel w/ Cream Cheese
THUR: Everything Bagel w/ Cream Cheese

Lunch

Fruits & vegetables offered with meal. 1% milk* or non-fat milk* optional.
Free for all students. Adult lunch \$6.50

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

OFFERED DAILY

Western BBQ Chicken Salad
Onion Rings, BBQ Chicken, Corn, Organic Spring Mix, Cabbage, Carrot,
Organic Bell Pepper, Organic Cheddar**, Housemade Greek Yogurt Ranch
Spicy Chicken Sandwich
Cheese or Pepperoni Pizza
Bean & Cheese Burrito
Loco Burrito
Kickin' Sandwich

SANDWICH SPECIALS

Italian Trio Baguette w/ Garlic Aioli (M-W-F)
(Turkey Pepperoni, Turkey Ham & Turkey Salami with Provolone*,
Tomato, Lettuce, Red Onion & Garlic Aioli)
Turkey & Organic Cheddar Baguette (T-Th)
(Turkey Steak, Organic Cheddar**, Lettuce & Tomato)

DAILY SPECIALS

MON: Breaded Chicken Thigh w/ Roll
Breaded chicken thigh with freshly baked roll
TUE: Beef Bolognese Pasta w/ Mozzarella
Locally made Etto Pasta crafted with clean, simple ingredients
WED: Honey Sriracha Boneless Wings & Fried Rice
Fan favorite wings now served with veggie fried rice!
THUR: Swiss Burger w/ Turkey Bacon
Korean Wings w/ Chow Mein, Celery & Carrots
FRI: Italian Meatball Baguette w/ Mozzarella
Freshly baked baguette with marinara, all beef meatballs + mozzarella

Vegetarian One Health Cert. House-Made Contains Peanut
 Vegan Contains Pork Contains Sesame Freshly Baked

FARM 2 SCHOOL: DECEMBER

CUSD is proud to serve
local & organic produce!

Organic Pink Lady
Washington grown



Organic Cara Cara
Grown within 150 miles



Baby Carrots
grown within 300 miles



Organic Banana
Non-Domestic



Apple Slices
CA grown



Organic Butter Lettuce
Grown within 150 miles



Kiwi
Grown within 150 miles



Organic Bell Pepper
California Grown



Celery Sticks
grown within 150 miles



NEW

Organic Spring Mix
Grown within 10 miles at The
Ecology Center in San Juan
Capistrano!



THE
ECOLOGY
CENTER

