

Adult Transition Program & Bridges Community Day High School Menu

The Quest for School Breakfast

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 2-6

FROM FIELD TO FEAST!



**Organic & locally grown
strawberries available with
breakfast March 2-6!**

- High source of Vitamin C
 - 1 cup exceeds your daily Vitamin C needs!
- Good source of Fiber
 - helps with digestion and keeps you full.
- Naturally sweet
- Hydrating
 - strawberries are about 90% water.



**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

GF Greek Yogurt* w/ GF Granola

Maple Waffle



GF Cinnamon Chex Cereal

Plain Bagel w/ Cream Cheese

GF Honey Cheerios Cereal

Plain Bagel w/ Peanut Butter

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

Spicy Chicken Sandwich

Cheese or Pepperoni Pizza

Bean & Cheese Burrito

Loco Burrito

Kickin' Sandwich

SALAD & SANDWICH SPECIALS

Western BBQ Chicken Salad (Tues-Fri)

Onion Rings, BBQ Chicken, Corn, Organic Spring Mix,
Cabbage, Carrot, Organic Bell Pepper, Organic Cheddar**,
Housemade Greek Yogurt Ranch

Turkey & Organic Cheddar
Baguette (Tues & Thur)

(Turkey Steak, Organic Cheddar**, Lettuce & Tomato)

Italian Trio Baguette

w/ Garlic Aioli (Wed & Fri)

(Turkey Pepperoni, Turkey Ham & Turkey Salami with
Provolone*, Tomato, Lettuce, Red Onion & Garlic Aioli)

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

FARM 2 SCHOOL: MARCH

**CUSD is proud to serve
local & organic produce!**

Organic Gala Apple
Washington grown



Organic Mandarin
Grown within 150 miles



Organic Banana
Non-Domestic



Kiwi
CA grown



Granny Smith Apple
Grown within 150 miles



Bell Pepper
Non-Domestic



Persian Cucumber
grown within 150 miles



Baby Carrots
grown within 300 miles



Organic Butter Lettuce
Grown within 150 miles



Celery Sticks
grown within 150 miles



Organic Spring Mix
Grown within 10 miles at
The Ecology Center, a
regenerative farm in our
community!



**Starting the day with
fruits & veggies fuels
energy, focus, and
learning!**

