

# 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](http://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

FREE FOR ALL STUDENTS

## 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

## 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)

## 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!

