

High School Menu

The Quest for School Breakfast

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 2-6

A NEW CHALLENGER
ENTERS THE QUEST...



This week only, Pepperoni
& Cheese Croissant
replaces the Pizza Stick.

Which one should return next year?
Try it and help us decide!

FROM FIELD TO FEAST!



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



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

FREE FOR ALL STUDENTS

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 

Lunch

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

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)

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



Persian Cucumber
Grown within 150 miles



Celery Sticks
grown within 150 miles



Organic Spring Mix
Grown within 10 miles



Baby Carrots
grown within 300 miles



Organic Butter Lettuce
Grown within 150 miles



Tomatoes
Arizona grown



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  

*Cows not treated w/ rBST

**Organic, grass-fed cheese

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

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

