

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

OFFERED DAILY

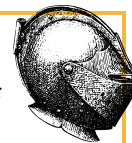
Ham & Swiss Croissant
Pizza Stick
Maple Waffle
Plain Bagel w/ Cream Cheese
Plain Bagel w/ Peanut Butter
GF Cinnamon Chex Cereal
GF Honey Cheerios Cereal

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: 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



Organic Spring Mix
Grown within 10 miles



Baby Carrots
grown within 300 miles



Organic Butter Lettuce
Grown within 150 miles



Celery Sticks
grown within 150 miles



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

Tomatoes
Arizona grown

