

Union High School Menu

MEET THE FALL FRUIT
YOU DIDN'T KNOW YOU
LOVED (YET)!

PERSIMMON

SNACK LIKE A
LOCAL!



- October-January is peak season in SoCal.
- Our persimmons are organic.
- Locally grown in Fallbrook from Dickinson Family Farms.
- Eat whole like an apple.
- Health Benefits:
 - Boosts immune system
 - Boosts skin health

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

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

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)

🌱 Vegetarian 🌱 Vegan 🍷 One Health Cert. 🍷 Contains Pork 🥄 House-Made 🥜 Contains Peanut 🍷 Contains Sesame 🍷 Freshly Baked

FARM 2 SCHOOL: NOVEMBER

CUSD is proud to serve local
& organic produce.

Organic Fuji Apple
Washington grown



Kiwi
Grown within 150 miles



Organic Satsuma
Grown within 150 miles



Granny Smith
Grown within 150 miles



Organic Banana
Non-domestic



Apple Slices
CA grown



Organic Fuyu Persimmon
grown within 150 miles



Baby Carrots
grown within 300 miles



Red Butter Lettuce
grown within 300 miles



Organic Spring Mix
grown within 150 miles



Grape Tomatoes
grown within 150 miles



Organic Bell Pepper
grown within 150 miles



Persian Cucumbers
grown 150 miles



Celery Sticks
Grown within 150 miles

