



CUSD HIGH SCHOOL MENU

FREE FOR ALL STUDENTS

CAPISTRANO.HEALTHELIVING.NET FOR MORE INFO

November High School Breakfast

All menu items are free from artificial nitrites and nitrates.

Fruit offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult breakfast \$6.00

SPECIALS

MONDAY

Ham & Swiss
Croissant 

TUESDAY

Pepperoni
Croissant 

Everything
Bagel  w/
Cream Cheese 

WEDNESDAY

House-made
Sausage, Cheese
& Tater Tot
Breakfast Burrito
w/ Salsa

THURSDAY

Pepperoni
Croissant 

Jalapeno Cheddar
Bagel  w/
Cream Cheese 

FRIDAY

Ham & Swiss
Croissant 

OFFERED DAILY

GF Greek Yogurt* w/ GF Granola 
Plain Bagel  w/ Cream Cheese 
Plain Bagel  w/ Peanut Butter 
GF Honey Cheerios Cereal 
GF Cinnamon Chex Cereal 

November High School Lunch

Fruit & vegetables offered with meal. 1% milk* or non-fat milk* optional. Free for all students. Adult lunch \$7.00

SPECIALS

MONDAY

Turkey, Bacon &
Swiss Baguette 
w/ house spread 

TUESDAY

Beef Bolognese
Pasta
w/ mozzarella**

WEDNESDAY

Orange Chicken
Pizza 
w/ green onion &
sesame seeds 

THURSDAY

Korean BBQ
Chicken Wings &
Chow Mein

FRIDAY

Zesty Lemon
Parm Drumstick
& Roll 

Cheese  or
Pepperoni Pizza 

Swiss Burger w/
Turkey Bacon

Italian Meatball
Baguette 
w/ mozzarella**

Swiss Burger w/
Turkey Bacon

Italian Meatball
Baguette 
w/ mozzarella**

Turkey &
Provolone*
Baguette 

Turkey &
Provolone*
Baguette 

HOW IS THE
NEW RANCH?

OFFERED DAILY

Spicy Chicken Sandwich 
Chicken Garden Salad w/ Ranch  &
Parmesan Herb Flatbread 
Loco Burrito 

ORGANIC & LOCALLY GROWN
FUYU PERSIMMONS
AVAILABLE 11/9-11/13



 Vegetarian  Contains Pork  Vegan
 House-Made  Contains Sesame ****Organic**
 Freshly Baked  Contains Peanut
*Made from cows not treated with rBST

This institution is an equal opportunity provider.

Menus are subject to change without notice.

INTERACTIVE MENUS



Check out menus, nutrition info, ingredients, allergens, and more!

FARM TO SCHOOL NOVEMBER



Organic Persimmon
Grown w/in 150 mi



Organic Satsuma
Grown w/in 150 mi.



Organic Fuji
WA Grown



Kiwi
Grown w/in 150 mi



Celery
Grown w/in 150 mi



Tomatoes
AZ Grown



Grapes
Grown w/in 300 mi



Organic Banana
Non-Domestic



Baby Carrots
Grown w/in 300 mi



Organic Spring Mix
Grown w/in 150 mi



Persian Cucumber
Grown w/in 150 mi



Organic Butter Lettuce
Grown w/in 150 mi

WHAT'S THAT ORANGE FRUIT?

ORGANIC PERSIMMONS: NOVEMBER 9-13



BITE RIGHT IN

Sweet and crunchy - eat it whole just like an apple.



GROWN NEARBY

Organically grown in Fallbrook, California.



HERE FOR FALL

Persimmons are only in season for a short time. Try one!

STUDENTS SHARE, WE LISTEN!

HappyOrNot Feedback Helps Us Decide What to Keep, What to Improve, and What to Try Next.

Your Feedback Helps Us Understand:

- Which meals students enjoy most
- Which favorites to bring back
- Items we should improve or remove
- New flavors to explore
- Where we should focus our attention

FIND A TABLET AT YOUR SCHOOL AND TELL US WHAT YOU THINK!

