



UNION, ATP & BRIDGES MENU

FREE FOR ALL STUDENTS



November Breakfast Menu

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

OFFERED DAILY

Plain Bagel 🥯 w/ Cream Cheese 🌿

GF Greek Yogurt* w/ GF Granola 🌿

Plain Bagel 🥯 w/ Peanut Butter 🥜 🌿

GF Cereal: Honey Cheerios 🌿 & Cinnamon Chex 🌿



November Lunch Menu

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

OFFERED DAILY

Spicy Chicken Sandwich 🍔

Personal Pan Cheese Pizza 🌿 🥯

Personal Pan Pepperoni Pizza 🥯

Loco Burrito 🌿

DELI SELECTIONS (TUESDAY-FRIDAY)

Turkey & Provolone* Baguette 🥯
(All Natural Turkey, Provolone*, Lettuce & Tomato
on Freshly Baked Sourdough Baguette)

HOW IS THE
NEW RANCH?

Chicken Garden Salad with Ranch 🥗 &
Parmesan Herb Flatbread 🥯

VISIT [CAPISTRANO.HEALTHELIVING.NET](https://capistrano.healtheliving.net)

FOR INTERACTIVE MENUS & MORE INFORMATION

🌿 Vegetarian

🍖 Contains Pork

🌱 Vegan

🥄 House-Made

🍷 Contains Sesame

**Organic

🥯 Freshly Baked 🥜 Contains Peanut

*Made from cows not treated with rBST

INTERACTIVE MENUS



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

NEW PERSONAL PAN PIZZAS

CHEESE OR PEPPERONI

Hot, Cheesy and Personal-Sized.
Choose your Favorite!



CHEESE



PEPPERONI
(beef+turkey)

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!

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



Organic Spring Mix
Grown w/in 150 mi



Baby Carrots
Grown w/in 300 mi



Persian Cucumber
Grown w/in 150 mi



Organic Butter Lettuce
Grown w/in 150 mi