

# Adult Transition Program & Bridges Community Day High School Menu

**STEP ASIDE, PUMPKIN  
SPICE! MEET THE NEW  
FALL FLAVOR:**

## DRAGON FRUIT

**PUMPKIN  
WHO?**



- June - November is peak season in SoCal.
- Our Dragon Fruit is organic.
- It's locally grown in Fallbrook from Dickinson Family Farms.

- Health Benefits:
  - Supports digestion
  - Enhances skin
  - Boosts immune system
  - Strengthens bones

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

### 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

Spicy Chicken Sandwich 🌱🍔

Cheese 🌱 or Pepperoni Pizza 🍕

Bean + Cheese Burrito 🌱

Loco Burrito 🌱

Kickin' Sandwich 🌱🍔

### SALAD & SANDWICH SPECIALS

Western BBQ Chicken Salad (Tues-Fri)

Onion Rings, BBQ Chicken, Corn, Organic Spring Mix, Cabbage, Carrot, Organic Bell Pepper, Organic Cheddar\*\*, Housemade Greek Yogurt Ranch 🌱

Turkey + Organic Cheddar  
Baguette 🍞 (Tues+Thur)

(Turkey Steak, Organic Cheddar\*\*, Lettuce + Tomato)

Italian Trio Baguette 🍞

w/ Garlic Aioli 🌱 (Wed+Fri)

(Turkey Pepperoni, Turkey Ham + Turkey Salami with Provolone\*, Tomato, Lettuce, Red Onion + Garlic Aioli)

🌱 Vegetarian 🌱 Vegan 🍔 One Health Cert. 🍖 Contains Pork 🍴 House-Made 🥜 Contains Peanut 🍷 Contains Sesame 🍞 Freshly Baked

## FARM 2 SCHOOL: OCTOBER

CUSD is proud to serve local  
& organic produce.

Organic Pink Lady Apple 🍏  
WA grown

Kiwi 🥝  
Grown within 150 miles

Organic Dragon Fruit 🐉  
Grown within 150 miles

Pluot 🍷  
Grown within 150 miles

Organic Banana 🍌  
Non-domestic

Apple Slices 🍏  
CA grown

Organic Butter Lettuce 🥬  
grown within 150 miles

Baby Carrots 🥕  
grown within 300 miles

Red Onion 🧅  
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

