



CUSD HIGH SCHOOL MENU

FREE FOR ALL STUDENTS

CAPISTRANO.HEALTHELIVING.NET FOR MORE INFO

October 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham & Swiss Croissant	Pepperoni Croissant	House-made Sausage, Cheese & Tater Tot Breakfast Burrito w/ Salsa	Pepperoni Croissant	Ham & Swiss Croissant
	Everything Bagel w/ Cream Cheese		Jalapeno Cheddar Bagel w/ Cream Cheese	

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

October 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey, Bacon & Swiss Baguette w/ house spread	Beef Bolognese Pasta w/ mozzarella**	Orange Chicken Pizza w/ green onion & sesame seeds	Korean BBQ Chicken Wings & Chow Mein	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	

NEW RANCH STARTS 10/5

OFFERED DAILY

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

CELEBRATE NATIONAL SCHOOL LUNCH WEEK
OCT 12 - 16, 2026

- 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.

RECIPE CONTEST

Share Your Favorite Lunch Recipe!

- ✓ 5 ingredients or less
- ✓ Include fruit or veggie
- ✓ Your name, school, grade
- ✓ Recipe & short story
- ✓ Add photo or drawing

DUE OCTOBER 16



FARM TO SCHOOL OCTOBER



Organic Dragonfruit
Grown w/in 150 mi



Organic Gala
WA Grown



Celery
Grown w/in 150 mi



Kiwi
Grown w/in 150 mi



Plum
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

NATIONAL SCHOOL LUNCH WEEK

OCT 12 - 16, 2026



10/12-16: Chicken Bacon Ranch Pizza

Freshly baked pizza topped with NAE chicken, bacon (nitrite & nitrate free), house-made ranch, green onion.



TU 10/13 & TH 10/15 Veggie Pesto Baguette

Freshly baked baguette with pesto aioli, organic lettuce, local Persian cucumber, tomato, Swiss & provolone.



FRI 10/16: Filipino Chicken Adobo w/ Brown Rice

A CUSD chef specialty! Savory chicken adobo served with brown rice featuring a Mary's Chicken thigh.

HIGH SCHOOL LIMITED TIME SPECIALS!

THE SCOOP ON LUNCH AT CUSD!



THOUGHTFUL SOURCING

No artificial nitrites or nitrates on our menu.



FRESHLY BAKED

Baguettes, bagels, rolls & more baked on site.



LOCAL PRODUCE

We source fruits & veggies from local farms.



YOUR VOICE MATTERS

Student feedback on Happy or Not machines shapes our menus.



BEHIND EVERY MEAL

Our nutrition professionals prepare & serve over 3 million meals a year.



ALWAYS IMPROVING

Reducing added sugar, making more in-house, and focusing on quality.