



UNION, ATP & BRIDGES MENU

FREE FOR ALL STUDENTS

October 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 🌿

October 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)

**NEW RANCH
STARTS 10/5**

Chicken Garden Salad with Ranch 🥄 &
Parmesan Herb Flatbread 🥄 🥯

VISIT 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

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

- National School Lunch Week began in 1962, when President John F. Kennedy created it to recognize the importance of school lunch.
- The National School Lunch Program has been serving students since 1946, 80 years ago.
- Schools across the country serve nearly 30 million student lunches every school day.
- School lunch also supports American farmers and agriculture.

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.