

Union 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

FREE FOR ALL STUDENTS

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

Western BBQ Chicken Salad

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

Spicy Chicken Sandwich 🐦 \$

Cheese 🌱 or Pepperoni Pizza 🍷

Bean + Cheese Burrito 🌱

Loco Burrito 🌱

Kickin' Sandwich 🌱 \$

SANDWICH SPECIALS

Italian Trio Baguette 🍷 w/ Garlic Aioli 🥄 (M-W-F)

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

Turkey + Organic Cheddar Baguette 🍷 (T-Th)
(Turkey Steak, Organic Cheddar**, Lettuce + Tomato)

🌱 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

