Adult Transition Program & Bridges Community Day High School Menu

FEATURED MENU ITEM:

KIWI BERRIES



DON'T BE FOOLED, KIWI **BERRIES ARE SWEET** WHEN WRINKLED!

- Mini kiwis with smooth skin, not fuzzy.
- Eat whole like grapes!
- They are sweet & juicy when wrinkled and soft.
- Packed with Vitamin C, fiber & antioxidants.

Check Out Our Interactive Menus! For full nutrition, ingredient, and allergen info, visit our website, <u>bit.ly/wefeedkids</u> Go to the menus page and click Interactive

lf you have a food allergy or need a special diet accommodation, contact us at 949-234-9539 or 234-9510.

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



GF Greek Yogurt* W/ GF Granola D

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)

FARM 2 SCHOOL: SEPTEMBER

grown within 150 miles

🔊 Vegetarian 🦪 Vegan 💟 One Health Cert. 🕑 Contains Pork 🎤 House-Made 🥜 Contains Peanut 🚳 Contains Sesame 🗳 Freshly Baked



Grape Tomatoes grown within 150 miles



CUSD is proud to serve local & organic produce.

Organic Gala Apple Peach WA grown



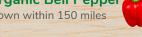
Baby Carrots grown within 300 miles



Organic Bell Pepper grown within 150 miles

Persian Cucmbers

grown within 150 miles



Plum Grown within 150 miles













Kiwi Berries WA grown





Asian Pear Grown within 150 miles



Organic Spring Mix grown within 150 miles

