



CUSD HIGH SCHOOL MENU

FREE FOR ALL STUDENTS

CAPISTRANO.HEALTHELIVING.NET FOR MORE INFO

September 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

Ham & Swiss
Croissant 

TUESDAY

Pepperoni
Croissant 

Everything
Bagel  w/
Cream Cheese 

WEDNESDAY

House-made
Sausage, Cheese
& Tater Tot
Breakfast Burrito
w/ Salsa

THURSDAY

Pepperoni
Croissant 

Jalapeno Cheddar
Bagel  w/
Cream Cheese 

FRIDAY

Ham & Swiss
Croissant 

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 

September 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

Turkey, Bacon &
Swiss Baguette 
w/ house spread 

TUESDAY

Beef Bolognese
Pasta
w/ mozzarella**

WEDNESDAY

Orange Chicken
Pizza 
w/ green onion &
sesame seeds 

THURSDAY

Korean BBQ
Chicken Wings &
Chow Mein

FRIDAY

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 

OFFERED DAILY

Spicy Chicken Sandwich 

Chicken Garden Salad w/ Ranch 

Parmesan Herb Flatbread 

Loco Burrito 

 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.

Farm to School: September

CUSD is proud to serve local + organic produce!



Organic Dragonfruit
Grown within 150 miles



Organic Fuji Apple
Washington Grown



Nectarine
Grown within 150 mi.



Plum
Grown within 150 mi.



Grapes
Grown within 300 mi.



Asian Pear
Grown within 150 mi.



Organic Spring Mix
Grown within 10 mi.



Persian Cucumbers
Grown within 150 mi.



Baby Carrots
Grown within 300 mi.



Organic Butter Lettuce
Grown within 150 mi.



Tomatoes
Arizona Grown



Celery
Grown within 150 mi.

Follow CapoFood on Instagram!

**For interactive menus, visit
capistrano.healtheliving.net**

DRAGONFRUIT: THE FRUIT BEHIND THE REFRESHER

Pitaya is another name for dragonfruit and this month, you can try it at school!

YES, THIS IS
PITAYA!



- **GROWN CLOSE TO HOME!** Our organic magenta dragonfruit is grown in San Diego County on a climbing cactus that loves warm weather.
- **WHAT MAKES MAGENTA SPECIAL?** Its bright pink color comes from natural plant pigments called *betalains* - the same family of pigments that give beets their color.
- **WHAT DOES IT TASTE LIKE?** Mild and lightly sweet, with a texture similar to a kiwi. The tiny seeds are edible!
- **NUTRITION BENEFITS!** Dragonfruit provides vitamin C, fiber, and antioxidants to help support overall health.

BUILD YOUR MEAL, YOUR WAY!

It's your choice! Here's what to know when building your breakfast and lunch at school.

BREAKFAST

PICK AN ENTREE

Breakfast entrees include grains and/or protein.



ADD SOME FRUIT

Choose at least ½ cup fruit to complete your meal.



MILK? YOUR CHOICE.

1% & non-fat milk are available, but milk is optional.



LUNCH

PICK AN ENTREE

Lunch entrees include grains and protein.



ADD FRUITS & VEGGIES

Choose at least ½ cup fruit and/or veggies to complete your meal.



MILK? YOUR CHOICE.

1% & non-fat milk are available, but milk is optional.



This is the minimum, you're always welcome to take more fruits & veggies! Take what you'll enjoy and eat.