



# UNION, ATP & BRIDGES MENU

**FREE** FOR ALL STUDENTS

## September 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 🌿

## September 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)

Chicken Garden Salad with Ranch 🥗 &  
Parmesan Herb Flatbread 🥯

VISIT [CAPISTRANO.HEALTHELIVING.NET](https://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

## Farm to School: September

CUSD is proud to serve local + organic produce!



**Organic Dragonfruit**  
Grown within 150 miles



**Nectarine**  
Grown within 150 mi.



**Plum**  
Grown within 150 mi.



**Organic Fuji Apple**  
Grown in WA



**Asian Pear**  
Grown within 150 mi.



**Grapes**  
Grown within 300 mi.



**Persian Cucumbers**  
Grown within 150 mi.



**Baby Carrots**  
Grown within 300 mi.



**Organic Butter Lettuce**  
Grown within 150 mi.



**Organic Spring Mix**  
Grown within 10 mi.



**Celery**  
Grown within 150 mi.

Follow CapoFood on Instagram!

\*\*For interactive menus, visit  
[capistrano.healtheliving.net](http://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

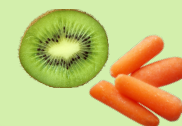
#### PICK AN ENTREE

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.**