

February Elementary

Vegetarian/Vegan Lunch \$2.75



This institution is an equal opportunity provider.

What Makes A Lunch?

Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.

Students must choose a fruit or vegetable with their lunch.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix • Galaxy Cheese Pizza • Yogurt & Zee Zee Bar 				<p>2/1</p> <p>Fajita Wrap </p>	<p>2/2</p> <p>Taco Salad </p>
<ul style="list-style-type: none"> • Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix • Galaxy Cheese Pizza • Yogurt & Zee Zee Bar 	<p>2/5</p> <p>Italian Pasta Bowl </p> <p>Grilled Cheese </p>	<p>2/6</p> <p>Succotash </p>	<p>2/7</p> <p>Veggie Rice Bowl </p>	<p>2/8</p> <p>Hummus Wrap </p>	<p>2/9</p> <p>Chili and potatoes </p>
<ul style="list-style-type: none"> • Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix • Galaxy Cheese Pizza • Yogurt & Zee Zee Bar 	<p>2/12</p> <p>Fiesta Rice Bowl </p> <p>Bean & Cheese Burrito </p>	<p>2/13</p> <p>Fajita Wrap </p>	<p>2/14</p> <p>Taco Salad </p>	<p>2/15</p> <p>Italian Pasta Bowl </p>	<p>2/16</p>
<ul style="list-style-type: none"> • Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix • Galaxy Cheese Pizza • Yogurt & Zee Zee Bar 	<p>2/19</p>	<p>2/20</p> <p>Chili and potatoes </p>	<p>2/21</p> <p>Fajita Wrap </p>	<p>2/22</p> <p>Veggie Rice Bowl </p>	<p>2/23</p> <p>Succotash </p>
<ul style="list-style-type: none"> • Hummus, Cheese Stick & Sun Chips Cheddar Snack Mix • Galaxy Cheese Pizza • Yogurt & Zee Zee Bar 	<p>2/26</p> <p>Italian Pasta Bowl </p> <p>Macaroni & Cheese </p>	<p>2/27</p> <p>Hummus Wrap </p>	<p>2/28</p> <p>Fiesta Rice Bowl </p>		

Capistrano Unified School District strives to provide each student with a nutritious meal everyday. We offer a variety of vegetarian, vegan and gluten free options. All breads, pizza crusts, rice, cereal and tortillas are whole grain.

= Vegetarian = Vegan

** Menu subject to change without notice **

Daily Fresh Fruit and Vegetable Options May Include:

Apple Juice, Orange Juice, Crisp Fresh Apples, Canned Pears, Fresh Oranges Slices, Kiwi, Raisins, Canned Peaches, Fresh Pear, Banana, and Applesauce Cup
 Baby Carrots, Cooked Yellow Corn, Veggie Beans, Baked Potato Rounds, Broccoli Florets, Celery Sticks, Jicama Sticks, and Salad Greens

1% Milk or Nonfat Chocolate Milk