



**SCHOOL
LUNCH**
WHAT'S COOKING?



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.

Gluten Free Lunch Menu

This institution is an equal opportunity provider

- **Chicken Chunks**
- **Cheese Pizza**
- **Hamburger**
- **Cheese Burger**
- **Chicken Teriyaki**



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.

For more Information please call:

949-234-9509

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

**** Menu subject to change without notice ****