






SCHOOL LUNCH

WHAT'S COOKING?



High School Lunch \$3.25

This institution is an equal opportunity provider.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
I	Asian Pizza	Mango Chicken	Spicy Nuggets with Corn Bread	Pasta with Meatballs	Bean and Cheese Burrito 
II	Chicken Parm Hoagie	Asian Beef Rice Bowl	Philly Beef Hoagie	Italian Pizza	Meatless Pizza 
III	Stuffed Meat Stromboli	Chicken BBQ Hoagie	Asian Pizza	Pulled Turkey Torta	Meatless Wrap 
IV	Greek Sandwich with Sun Chips	Chicken Salad Sandwich	Buffalo Chicken Pizza	Hot Meatball Hoagie	Taco Salad

Offered Daily:

Tuesday and Thursday:

- Bacon Cheeseburger
- Cheese Pizza 
- Pepperoni Pizza
- Spicy Chicken Sandwich w/chips
- Asian Chicken Salad w/noodles
- Peanut Butter Uncrustables 
- Fresh Turkey Hoagie w/chips

Fruits:
Apples, Oranges, Banana, Pear, Kiwi, Raisins

Vegetables:
Side Salad, Baby Carrots, Celery w/Peanut Butter
Garlic Fries—Wednesday only

1 % Milk and Nonfat Chocolate Milk

Pulled Pork Nachos *

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 * = Contains Pork

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

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.