




SCHOOL LUNCH

WHAT'S COOKING?

Middle School Lunch \$3.00

This institution is an equal opportunity provider.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
I	Macaroni and Cheese with Original Sun Chips ✓	Asian Chicken with Vegetable Fried Rice & Fortune Cookie	BBQ Pulled Pork Sandwich *	Chicken Smackers with Aloha Roll	All American Cheeseburger
II	Cheese Quesadilla with Garden Salsa Sun Chips ✓	Gluten Free Teriyaki Chicken with Vegetable Fried Rice & Fortune Cookie 	BBQ Beef Rib Sandwich	Crispy Chicken with Garlic Toast	BBQ Bacon Cheeseburger

Offered Daily:

- Domino's Cheese ✓ and Pepperoni Pizza *
- Bean and Cheese Burrito ✓
- Hot and Spicy Chicken Sandwich
- Homestyle Chicken Sandwich
- Grilled Chicken Caesar Salad with Corn Muffin
- Asian Chicken Salad with Noodles & Corn Muffin

Fruits:
Apples, Oranges, Banana, Kiwi, Orange Juice and Raisins

Vegetables:
Side Salad, Baby Carrots and Corn

1 % Milk and Nonfat Chocolate Milk

Maple Baked Beans—Monday only

Potato Wedges—Wednesday only

Garlic Fries—Friday only

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.