



# 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.

This institution is an equal opportunity provider.

March Elementary Lunch \$2.75

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Golden Crispy Chicken Tenders with Biscuit</li> <li>Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Yogurt &amp; Zee Zee Bar ✓</li> </ul>				3/1 Chicken Hot Dog 	3/2 Turkey & Cheese Sub Sandwich w/ Sun Chips
<ul style="list-style-type: none"> <li>Homestyle Chicken Sandwich</li> <li>Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Yogurt &amp; Zee Zee Bar ✓</li> </ul>	3/5 Bean & Cheese Burrito ✓	3/6 Cheeseburger Sliders	3/7 Macaroni & Cheese ✓	3/8 Mini Corn Dogs	3/9 Spaghetti w/ Garlic Bread
<ul style="list-style-type: none"> <li>Chicken Nuggets with Biscuit</li> <li>Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Yogurt &amp; Zee Zee Bar ✓</li> </ul>	3/12 Grilled Cheese ✓	3/13 Make Your Own Nachos	3/14 All American Cheeseburger	3/15 Asian Chicken Salad w/ crispy noodles	3/16 Turkey & Cheese Sub Sandwich w/ Sun Chips
<ul style="list-style-type: none"> <li>Homestyle Chicken Sandwich</li> <li>Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Yogurt &amp; Zee Zee Bar ✓</li> </ul>	3/19 Bean & Cheese Burrito ✓	3/20 Chicken Corn Dog	3/21 Mandarin Orange Chicken w/ Brown Rice	3/22 Spaghetti w/ Garlic Bread	3/23 Cheeseburger Sliders
<ul style="list-style-type: none"> <li>Chicken Smackers with Biscuit</li> <li>Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Yogurt &amp; Zee Zee Bar ✓</li> </ul>	3/26 Mozzarella Crunchers ✓	3/27 Make Your Own Nachos	3/28 All American Cheeseburger	3/29 Chicken Caesar Salad w/ Honey Grahams Crackers	3/30 Chicken Double Dogs

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 \*\*

### 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