




# NOVEMBER 2020 Elementary Lunch

**FREE**  
for ALL  
Students

Offered Daily

<p>Galaxy Cheese Pizza</p>	<p>2 NO SCHOOL</p>	<p>3 GF Make Your Own Nachos</p>	<p>4 Cheeseburger Sliders</p>	<p>5 Spaghetti w/ Meatballs &amp; Garlic Toast</p>	<p>6 Golden Crispy Chicken Tenders</p>
<p>Bean &amp; Cheese Burrito</p>	<p>9 Chicken Bites w/ Biscuit</p>	<p>10 GF Make Your Own Nachos</p>	<p>11 VETERANS DAY </p>	<p>12 Crispy Chicken Drumstick w/ Waffles</p>	<p>13 GF Teriyaki Chicken w/ Brown Rice</p>
<p>Galaxy Cheese Pizza</p>	<p>16 Mozzarella Crunchers</p>	<p>17 GF Make Your Own Nachos</p>	<p>18 Cheeseburger Sliders</p>	<p>19 Spaghetti w/ Meatballs &amp; Garlic Toast</p>	<p>20 Golden Crispy Chicken Tenders</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>27</p>
<p><b>Thanksgiving Break</b></p>					
<p>Galaxy Cheese Pizza</p>	<p>30 Mozzarella Crunchers</p>	<p>Meal Includes Entree, Fruits, Veggies &amp; Milk!</p> <p> <b>Fruits &amp; Veggies May Include:</b> Apple, Pear, Orange, Raisins, Fruit Cup, Baby Carrots, Cooked Corn, Veggie Beans, Tater Tots, Broccoli, Celery.</p> <p> <b>1% Milk &amp; Nonfat Chocolate Milk</b></p>			

 Vegetarian    GF Gluten Free

*This institution is an equal opportunity provider.  
Menu is subject to change without notice.*

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\*capistrano.healtheliving.net

