

October Elementary

Vegetarian/Vegan Lunch \$2.75



**SCHOOL LUNCH**  
**WHAT'S COOKING?**

This institution is an equal opportunity provider.

**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.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>• Galaxy Cheese Pizza ✓</li> <li>• Yogurt, Trail Mix &amp; Muffin ✓</li> </ul>	<p>10/2</p> <p>Fiesta Rice Bowl ✓</p> <p>Mozzarella Crunchers ✓</p>	<p>10/3</p> <p>Fajita Wrap</p> <p>✓</p>	<p>10/4</p> <p>Italian Pasta Bowl</p> <p>✓</p>	<p>10/5</p> <p>El Sabroso Chips and Hummus</p> <p>✓</p>	<p>10/6</p> <p>Taco Salad Bowl</p> <p>✓</p>
<ul style="list-style-type: none"> <li>• Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>• Galaxy Cheese Pizza ✓</li> <li>• Yogurt, Trail Mix &amp; Muffin ✓</li> </ul>	<p>10/9</p> <p>Hummus Wrap ✓</p> <p>Macaroni and Cheese ✓</p>	<p>10/10</p> <p>Italian Pasta Bowl</p> <p>✓</p>	<p>10/11</p> <p>Taco Salad Bowl</p> <p>✓</p>	<p>10/12</p> <p>Fajita Wrap</p> <p>✓</p>	<p>10/13</p> <p>Fiesta Rice Bowl</p> <p>✓</p>
<ul style="list-style-type: none"> <li>• Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>• Galaxy Cheese Pizza ✓</li> <li>• Yogurt, Trail Mix &amp; Muffin ✓</li> </ul>	<p>10/16</p> <p>Fajita Wrap ✓</p> <p>Bean &amp; Cheese Burrito ✓</p>	<p>10/17</p> <p>Fiesta Rice Bowl</p> <p>✓</p>	<p>10/18</p> <p>Italian Pasta Bowl</p> <p>✓</p>	<p>10/19</p> <p>Taco Salad Bowl</p> <p>✓</p>	<p>10/20</p> <p>Hummus Wrap</p> <p>✓</p>
<ul style="list-style-type: none"> <li>• Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>• Galaxy Cheese Pizza ✓</li> <li>• Yogurt, Trail Mix &amp; Muffin ✓</li> </ul>	<p>10/23</p> <p>Fiesta Rice Bowl ✓</p> <p>Grilled Cheese ✓</p>	<p>10/24</p> <p>Italian Pasta Bowl</p> <p>✓</p>	<p>10/25</p> <p>Fajita Wrap</p> <p>✓</p>	<p>10/26</p> <p>El Sabroso Chips and Hummus</p> <p>✓</p>	<p>10/27</p> <p>Taco Salad Bowl</p> <p>✓</p>
<ul style="list-style-type: none"> <li>• Hummus, Cheese Stick &amp; Sun Chips Cheddar Snack Mix ✓</li> <li>• Galaxy Cheese Pizza ✓</li> <li>• Yogurt, Trail Mix &amp; Muffin ✓</li> </ul>	<p>10/30</p> <p>Hummus Wrap ✓</p> <p>Bean &amp; Cheese Burrito</p>	<p>10/31</p> <p>El Sabroso Chips and Hummus</p> <p>✓</p>			

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    ✓ = Vegan

\*\* 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