

# OCTOBER 2020 Elementary Lunch



**FREE**

for ALL students!

Offered Daily

<p><b>Loco Burrito</b> ♡</p>	<p>28 Galaxy Cheese Pizza 🌿</p>	<p>29 GF Make Your Own Nachos</p>	<p>30 Cheeseburger Sliders</p>	<p>1 Crispy Chicken Drumstick w/ Rice Krispie</p>	<p>2 Mozzarella Crunchers 🌿</p>
<p><b>Vanilla Yogurt w/ Granola</b> 🌿</p>	<p>5 Chicken Fajita Bowl</p>	<p>6 GF Make Your Own Nachos</p>	<p>7 All Natural Turkey &amp; Cheese Croissant <b>NEW</b></p>	<p>8 Spaghetti w/ Meatballs &amp; Garlic Toast</p>	<p>9 Homestyle Chicken Sandwich</p>
<p><b>Bean &amp; Cheese Burrito</b> 🌿</p>	<p>12 Galaxy Cheese Pizza 🌿</p>	<p>13 GF Make Your Own Nachos</p>	<p>14 Cheeseburger Sliders</p>	<p>15 Crispy Chicken Drumstick w/ Rice Krispie</p>	<p>16 Mozzarella Crunchers 🌿</p>
<p><b>Vanilla Yogurt w/ Granola</b> 🌿</p>	<p>19 Chicken Fajita Bowl</p>	<p>20 GF Make Your Own Nachos</p>	<p>21 All Natural Turkey &amp; Cheese Croissant <b>NEW</b></p>	<p>22 Spaghetti w/ Meatballs &amp; Garlic Toast</p>	<p>23 Homestyle Chicken Sandwich</p>
<p><b>Bean &amp; Cheese Burrito</b> 🌿</p>	<p>26 Galaxy Cheese Pizza 🌿</p>	<p>27 GF Make Your Own Nachos</p>	<p>28 Cheeseburger Sliders</p>	<p>29 Crispy Chicken Drumstick w/ Rice Krispie</p>	<p>30 Mozzarella Crunchers 🌿</p>

🌿 Vegetarian ♡ Vegan GF Gluten Free

**Meal Includes Entree, Fruits, Veggies & Milk!**

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



**Fruits & Veggies May Include:** Apple, Pear, Orange, Raisins, Fruit Cup, Baby Carrots, Cooked Corn, Veggie Beans, Tater Tots, Broccoli, Celery.



**1% Milk & Nonfat Chocolate Milk**

📷 capofood ✨ capistrano.healtheliving.net

