



# 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.

October Elementary Lunch \$2.75

This institution is an equal opportunity provider.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<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> Zee Zee Bar &amp; Yogurt </li> </ul>	<p>10/2</p> <p>Mozarella Crunchers </p>	<p>10/3</p> <p>Make Your Own Nachos</p>	<p>10/4</p> <p>All American Cheeseburger</p>	<p>10/5</p> <p>Chicken Caesar Salad w/ graham crackers</p>	<p>10/6</p> <p>Mini Chicken Double Dogs </p>
<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> Zee Zee Bar &amp; Yogurt </li> </ul>	<p>10/9</p> <p>Macaroni and Cheese </p>	<p>10/10</p> <p>Mini Chicken Tacos</p>	<p>10/11</p> <p>Gluten Free Teriyaki Chicken w/ Brown Rice </p>	<p>10/12</p> <p>Uncured Low Sodium Chicken Hot Dog </p>	<p>10/13</p> <p>Turkey and Cheese Sub Sandwich w/ Sun Chips</p>
<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> Zee Zee Bar &amp; Yogurt </li> </ul>	<p>10/16</p> <p>Bean and Cheese Burrito </p>	<p>10/17</p> <p>Cheeseburger Sliders</p>	<p>10/18</p> <p>Mini Corn Dogs</p>	<p>10/19</p> <p>BBQ Rib Sandwich</p>	<p>10/20</p> <p>Spaghetti w/ Garlic Bread</p>
<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> Zee Zee Bar &amp; Yogurt </li> </ul>	<p>10/23</p> <p>Grilled Cheese </p>	<p>10/24</p> <p>Make Your Own Nachos</p>	<p>10/25</p> <p>Cheeseburger</p>	<p>10/26</p> <p>Asian Chicken Salad w/ Crispy Noodles</p>	<p>10/27</p> <p>Turkey and Cheese Sub Sandwich w/ Sun Chips</p>
<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> Zee Zee Bar &amp; Yogurt </li> </ul>	<p>10/30</p> <p>Bean and Cheese Burrito </p>	<p>10/31</p> <p>Chicken Corn Dog</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 \* = 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