

FREE
for ALL
Students

FEBRUARY 2023
Elementary Lunch



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Yogurt* & Granola <i>*made from cows not treated with rBST</i>	Vegetarian Contains Pork	GF Gluten Free Vegan	1 Crispy Chicken* Filet Sandwich <i>*no antibiotics ever</i>	2 GF Chicken Taquitos	3 Chicken Pretzel Dog <i>*no nitrites or nitrates</i>
Galaxy Cheese Pizza	6 Kickin' Nuggets w/ Roll	7 Bean & Cheese Chalupa on Tostada Shell NEW	8 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	9 Cheeseburger Sliders	10 GF Teriyaki Chicken w/ Brown Rice
Loco Burrito	13 Macaroni & Cheese	14 GF Make Your Own Nachos	15 Galaxy Pepperoni Pizza (beef & turkey)	16 Chicken Double Dogs	17 NO SCHOOL Lincoln Day
Cheese Croissant Sandwich	20 NO SCHOOL Washington Day	21 Extreme Beef & Cheese Taco NEW	22 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	23 All American Hamburger	24 Chicken Tender Parmesan Penne NEW <i>*no antibiotics ever</i>
GF Yogurt* & Granola <i>*made from cows not treated with rBST</i>	27 Mozzarella Crunchers	28 GF Make Your Own Nachos	Meal Includes Entree, Fruits, Veggies & Milk! Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans, Tater Tots, Broccoli, Celery. 1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		

Follow Us! @capofood
*capistrano.healtheliving.net

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



FREE
for ALL
Students

FEBRUARY 2023
Elementary Breakfast

LOVE YOU
FROM MY
HEAD TO-
MA-TOES!



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal 🌿	Vegetarian Ⓟ Contains Pork	GF Gluten Free	1 Breakfast Pizza Bagel 🌿	2 Apple Spice Frudel 🌿	3 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	6 Oatmeal Chocolate Chip Bar 🌿	7 Sunrise Sandwich Ⓟ	8 Buttery Maple Waffle 🌿	9 Chicken Sausage Pancake Sandwich	10 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	13 Oatmeal Chocolate Chip Bar 🌿	14 Chocolate Chip French Toast 🌿	15 Pancake & Turkey Sausage Stick	16 Strawberry Cream Cheese Bagel 🌿	17 NO SCHOOL Lincoln Day
GF Honey Cheerios Cereal 🌿	20 NO SCHOOL Washington Day	21 Mini Apple Breakfast Bites 🌿	22 Cinnamon Glazed French Toast Sticks 🌿	23 Breakfast Pizza Bagel 🌿	24 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	27 Oatmeal Chocolate Chip Bar 🌿	28 Buttery Maple Waffle 🌿	Meal Includes Entree, Fruits & Milk! 🍏 Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit 🥛 1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		

📷 Follow Us! @capofood
*capistrano.healtheliving.net

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

