

Fruit of the Month chosen by our students:

STRAWBERRIES!!



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.

June Elementary Lunch \$2.75

This institution is an equal opportunity provider.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Popcorn Chicken with Biscuit • Gluten Free Vanilla Yogurt and Granola • Galaxy Cheese Pizza • Asian Chicken Salad w/ Flatbread 	<p>6/3 </p> <p>Mozzarella Crunchers</p> <p>Hummus Wrap </p>	<p>6/4 </p> <p>Make Your Own Nachos</p> <p>Asian Quinoa Salad </p>	<p>6/5 </p> <p>Cheeseburger Sliders</p> <p>Veggie Rice Bowl </p>	<p>6/6 </p> <p>Crispy Baked Drumstick w/ Biscuit</p> <p>Italian Rotini Pasta </p>	

= Vegan =Vegetarian * = Contains Pork



Chef's Special offered daily!

Daily Fresh Fruit and Vegetable Options May Include:

- Organic Apples, Canned Pears, Organic Oranges
- Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Banana, and Applesauce
- Organic 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



Majority of our chicken products have no artificial ingredients & no antibiotics ever!

**** Menu subject to change without notice ****

Seamless Summer Food Program

Capistrano Unified School District

Summer brings a break from school, but the need for good nutrition doesn't take a break!

A food program feeding hungry children during the summer
A part of the National School Lunch & School Breakfast Program

FREE Nutritious Meals



Offering LUNCH Monday - Thursday

ALL children ages 18 & younger



For ALL communities

NO application



NO registration

Locations & Hours

Monday, June 17, 2019 through Thursday, August 1, 2019

- **Hidden Hills Elementary** ~ 10:30 - 12:30
25142 Hidden Hills Rd, Laguna Niguel, CA 92677
- **San Juan Capistrano Library** ~ 12:00 - 1:00
31495 El Camino Real, San Juan Capistrano, CA 92675
- **Las Palmas Elementary** ~ 10:30 - 12:30
1101 Calle Puente, San Clemente, CA 92672
- **Marco Forster Middle School** ~ 10:30 - 12:30
25601 Camino Del Avion, San Juan Capistrano, CA 92675

For more information please contact Capistrano Unified School District Food and Nutrition Services at (949) 234-9501