

# LUNCH AT THE LIBRARY

## San Juan Capistrano



| Monday                                                                                                                                                                   | Tuesday                                                                                                                                               | Wednesday                                                                                                            | Thursday                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>WEEKS of 6/10,</b><br><b>Chicken</b><br><b>Pretzel Dog</b><br><i>(no nitrites or nitrates)</i><br><b>OR</b><br><b>Cheese</b><br><b>Croissant</b><br><b>Sandwich</b> 🌿 | <b>6/24, 7/8, 7/22:</b><br><b>Pepperoni Pizza</b><br><b>Wedge</b> <sup>P</sup><br><b>OR</b><br><b>Cheese</b><br><b>Croissant</b><br><b>Sandwich</b> 🌿 | <b>Rotini Bolognese</b><br><b>w/ Goldfish</b><br><b>OR</b><br><b>Cheese</b><br><b>Croissant</b><br><b>Sandwich</b> 🌿 | <b>Chef's</b><br><b>Special</b><br><b>OR</b><br><b>Cheese</b><br><b>Croissant</b><br><b>Sandwich</b> 🌿 |
| <b>WEEKS of 6/17,</b><br><b>Crispy Chicken</b><br><b>Filet Sandwich</b><br><b>OR</b><br><b>GF Yogurt w/</b><br><b>GF Granola</b> 🌿                                       | <b>7/1, 7/15 :</b><br><b>Galaxy Cheese</b><br><b>Pizza</b> 🌿<br><b>OR</b><br><b>GF Yogurt w/</b><br><b>GF Granola</b> 🌿                               | <b>Loaded</b><br><b>Cheeseburger</b><br><b>Sliders</b><br><b>OR</b><br><b>GF Yogurt w/</b><br><b>GF Granola</b> 🌿    | <b>Chef's</b><br><b>Special</b><br><b>OR</b><br><b>GF Yogurt w/</b><br><b>GF Granola</b> 🌿             |

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



**Variety Veggies & Fruits May Include:** Apple, Pear, Orange, Peach, Seasonal Fruit, Carrots, Edamame, Celery, Jicama, Broccoli.



**1% Milk\* & Nonfat Chocolate Milk\***  
 \*made from cows not treated with rBST

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

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[capistrano.healtheliving.net](http://capistrano.healtheliving.net)



**GF Gluten Free**  
 🌿 **Vegetarian**  
<sup>P</sup> **Contains Pork**



**FREE LUNCH**  
**FOR ALL KIDS**  
**18 & UNDER!**

June 10 – July 25  
 Monday–Thursday  
 12:00–1:00 PM

San Juan  
 Capistrano Library

31495 El Camino  
 Real  
 San Juan  
 Capistrano, CA  
 92675

(949) 493-1752

**Lunch Must be Eaten**  
**at the Library.**

**No Registration**  
**Required.**



# ALMUERZO EN LA BIBLIOTECA

## San Juan Capistrano



| Lunes                                                                                                                                                            | Martes                                                            | Miércoles                                                                                  | Jueves                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>SEMANAS de 6/10, 6/24, 7/8, 7/22:</b><br><b>Perro Caliente de Pollo</b><br><small>(sin nitritos ni nitratos)</small><br><b>Sándwich de Croissant de Queso</b> | <b>Pizza de Peperoni</b><br><b>Sándwich de Croissant de Queso</b> | <b>Rotini Boloñesa con galletas de pez dorado</b><br><b>Sándwich de Croissant de Queso</b> | <b>Especial del Chef</b><br><b>Sándwich de Croissant de Queso</b> |
| <b>SEMANAS de 6/17, 7/1, 7/15 :</b><br><b>Sándwich de Pollo</b><br><b>GF Yogur* con GF Granola</b>                                                               | <b>Pizza de Queso</b><br><b>GF Yogur* con GF Granola</b>          | <b>Hamburguesas con Queso</b><br><b>GF Yogur* con GF Granola</b>                           | <b>Especial de Chef</b><br><b>GF Yogur* con GF Granola</b>        |

la comida incluye plato principal, frutas, verduras y leche!

**Variety Veggies & Fruits May Include:** Manzana, Pera, Naranja, Pasas, Fruta de temporada, zanahoria, edamame, apio, jícama, brócoli.

**Leche al 1%\* y leche de chocolate sin grasa\***  
 \*Hecho de vacas no tratadas con rBST.

Esta institución es un proveedor de igualdad de oportunidades.

Los menús están sujetos a cambios sin previo aviso. [iSíguenos @capofood!](https://www.instagram.com/capofood/)

[capistrano.healtheliving.net](http://capistrano.healtheliving.net)

**GF Sin Gluten**

**Vegetariana**

**Cerda**



**¡ALMUERZO GRATIS PARA TODOS LOS NIÑOS MENORES DE 18 AÑOS!**

10 de Junio – 25 de Julio  
 Lunes– Jueves  
 12:00–1:00 PM

Biblioteca  
 San Juan Capistrano

31495 El Camino Real  
 San Juan  
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**El almuerzo debe ser comido en la biblioteca.**

**No es necesario registrarse.**

