High School Menu

THIS SUMMER, LUNCH IS ON US!

LUNCH AT THE LIBRARY

all kids & teens 18 and under eat free!

June 16 - August 8 🗼 Monday – Friday from 12:00 PM – 1:00 PM

San Juan Capistrano Library 31495 El Camino Real, San Juan Capistrano



- ✓ No sign-up. No ID. No stress.
- ✓ FREE food and a place to chill!
- ✓ Bring your friends, grab lunch, and hang out in the A/C.

Check Out Our Interactive Menus! For full nutrition, ingredient, and allergen nfo, visit our website, bit.ly/wefeedkids Go to the menus page and click Interactive Menus.

lf you have a food allergy or need a special diet accommodation, contact our Nutrition Specialist at 949-234-9510 or stillingworth@capousd.org

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

Breakfast Fruit offered with meal. 1% milk* or non-fat chocolate milk* optional. Free for all students. Adult breakfast \$4.50

OFFERED DAILY

GF Greek Yogurt* w/ Granola D

Freshly Baked Bagel w/ Cream Cheese Same Salapeno Cheddar, Everything Same, Plain

GF Cinnamon Chex Cereal

GF Honey Cheerios Cereal D

Capo Muffin Sausage Sandwich***

Pancake Sausage & Cheese Sandwich Pizza Stick (P)

Plain Bagel w/ Peanut Butter 🥜 🛳 🔊

Maple Waffle D

Lunch Fruits & vegetables offered with meal. 1% milk* or non-fat chocolate milk* optional. Free for all students. Adult lunch \$5.50

*Cows not treated w/ rBST **Organic, grass-fed cheese

OFFERED DAILY

Grilled Chicken Garden Salad w/ Flatbread

(Fresh Romaine, Bell Pepper, Red Onion, Chicken, Ranch & Flatbread)

Italian Combo Hoagie

(Turkey Pepperoni, Turkey Ham & Turkey Salami with Provolone*)

Spicy Chicken Sandwich 🔾 Buffalo Ranch Chicken Wrap

Cheese or Pepperoni Pizza Bean & Cheese Burrito

VEGAN ENTREES

Loco Burrito (daily)

Buffalo Kickin' Nuggets+Chips & (M-W-F)

Sesame Kickin' Nugget Salad+Chips (T-Th)

DAILY SPECIALS

TUES: Korean BBQ Wings w/ Chow Mein Italian Mozzarella Burger*

<u>WED</u>: Swiss* Burger with Turkey Bacon

Pulled Pork BBQ Hoagie D LASS

Turkey Steak Hoagie w/ Cheese**

THURS: Breaded Chicken Thigh w/ Breadstick Meatball Hoagie w/ Mozzarella

Honey Sriracha Baneless What w/ Breadslick

PRI: Macaroni & Cheese w/ Breadstick

Honey Sriracha Boneless Winas w/ Breadstick

Vegetarian PContains Pork Vegan PContains Peanut Freshly Baked One Health Certified Contains Sesame

FARM 2 SCHOOL: MAY & JUNE

CUSD is proud to serve local & organic produce.

Organic Fuji Apple

Grown within 150 miles

Organic Strawberries

WA grown

CA grown

Yellow Peach

Organic Banana non-domestic

150 miles

Apple Slices CA, WA, MI grown

Organic Mandarin



Romaine Lettuce grown within 300 miles

Baby Carrots

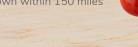
grown within 150 miles

grown within 300 miles

Organic Spring Mix grown within 150 miles



Grape Tomatoes grown within 150 miles



Organic Bell Pepper grown within 150 miles



