

# 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 info, visit our website, [bit.ly/wefeedkids](http://bit.ly/wefeedkids). Go to the menu page and click Interactive Menus.

If you have a food allergy or need a special diet accommodation, contact our Nutrition Specialist at 949-234-9510 or [stillingworth@capousd.org](mailto: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

**FREE** FOR ALL STUDENTS

### OFFERED DAILY

GF Greek Yogurt\* w/ Granola

Freshly Baked Bagel w/ Cream Cheese  
Jalapeno Cheddar, Everything, Plain

GF Cinnamon Chex Cereal

GF Honey Cheerios Cereal

Capo Muffin Sausage Sandwich\*\*

Pancake Sausage + Cheese Sandwich

Pizza Stick

Plain Bagel w/ Peanut Butter

Maple Waffle

\*Cows not treated w/ rBST

\*\*Organic, grass-fed cheese

## Lunch

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

### 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\*

**WED:** Swiss\* Burger with Turkey Bacon  
Pulled Pork BBQ Hoagie

Turkey Steak Hoagie w/ Cheese\*\*

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

Honey Sriracha Boneless Wings w/ Breadstick

**FRI:** Macaroni + Cheese w/ Breadstick

Honey Sriracha Boneless Wings w/ Breadstick

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

## FARM 2 SCHOOL: MAY & JUNE

CUSD is proud to serve local & organic produce.

Organic Fuji Apple  
WA grown



Organic Banana  
non-domestic



Yellow Peach  
Grown within 150 miles



Apple Slices  
CA, WA, MI grown



Organic Strawberries  
CA grown



Organic Mandarin  
Grown within 150 miles



Organic Butter Lettuce  
grown within 150 miles



Baby Carrots  
grown within 300 miles



Romaine Lettuce  
grown within 300 miles



Organic Spring Mix  
grown within 150 miles



Grape Tomatoes  
grown within 150 miles



Organic Bell Pepper  
grown within 150 miles



Persian Cucumbers  
grown within 150 miles

