

# Middle 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 menus 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 [stilingworth@capousd.org](mailto:stilingworth@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

Plain Bagel w/ Cream Cheese 🌱  
GF Honey Cheerios Cereal 🌱  
GF Cinnamon Chex Cereal 🌱  
Pizza Stick 🍷  
Maple Waffle 🌱  
GF Greek Yogurt\* w/ GF Granola 🌱

## Lunch

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

### OFFERED DAILY

Taco Salad w/ Chips & Ranch  
Bean & Cheese Burrito 🌱  
Loco Burrito 🌱  
Spicy Chicken Sandwich 🌱  
Cheese Pizza 🌱  
Pepperoni Pizza 🍷

### DAILY SPECIALS

M: Jalapeno Cheddar Bagel w/ Cream Cheese 🌱  
T: Everything Bagel w/ Cream Cheese 🌱  
W: Jalapeno Cheddar Bagel w/ Cream Cheese 🌱  
TH: Pancake, Chicken Sausage & Cheese Sandwich  
F: Jalapeno Cheddar Bagel w/ Cream Cheese 🌱

### DAILY SPECIALS

M: Bacon Cheeseburger (turkey bacon)  
T: Honey Sriracha Boneless Wings w/ Ranch & Roll 🌱  
W: Chicken Pretzel Dog  
Freshly Prepared Turkey & Cheese Sub  
TH: Crispy Beef & Cheese Taco (w/ lettuce & pico de gallo)  
Honey Sriracha Boneless Wings w/ Ranch & Roll 🌱  
F: Chicken Pot Stickers w/ Broccoli 🍷

🌱 Vegetarian 🍷 Contains Pork 🌱 Vegan \*Made from cows not treated with rBST

🍷 Contains Sesame 🌱 Freshly Baked 🌱 One Health Certified

## FARM 2 SCHOOL: MAY & JUNE

CUSD is proud to serve local & organic produce!

### Organic Fuji Apple

CA grown



### Organic Strawberries

CA grown



### Organic Spring Mix

grown within 150 miles



### Yellow Peach

Grown within 150 miles



### Apple Slices

CA, MI, WA grown



### Baby Carrots

grown within 300 miles



### Organic Banana

non-domestic



### Organic Bell Pepper

California grown



### Grape Tomatoes

grown within 150 miles



### Organic Mandarin

grown within 150 miles



### Persian Cucumbers

grown within 150 miles

