



Due to distribution and product shortages, this menu is subject to change without notice.


NOVEMBER 2021 Elementary Lunch

 Vegetarian
 GF Gluten Free
 P Contains Pork

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Burrito 	1 <i>No school</i>	2 GF Make Your Own Nachos	3 Cheeseburger Sliders	4 Chicken Double Dogs (Nitrate & Nitrite Free)	5 GF Teriyaki Chicken w/ Brown Rice
Cheese Quesadilla 	8 Crispy Chicken Filet Sandwich	9 GF Make Your Own Nachos	10 Crispy Chicken Drumstick w/ Waffles	11 <i>Veterans Day</i>	12 Crispy Chicken Bites w/ Biscuit
Galaxy Cheese Pizza 	15 Mozzarella Crunchers 	16 GF Make Your Own Nachos	17 Mandarin Orange Chicken w/ Brown Rice	18 Fiesta Pocket	19 Crispy Chicken Tenders w/ Cornbread Poppers
	22	23	24	25	26
<i>Thanksgiving Break</i>					
Bean & Cheese Burrito 	29 Macaroni & Cheese 	30 GF Make Your Own Nachos	 Follow Us! @capofood for menu updates  capistrano.healtheliving.net		

Fruits, Veggies & Milk with Meal

 **Fruits & Veggies May Include:** Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Celery.

 1% Milk & Nonfat Chocolate Milk

This institution is an equal opportunity provider.

FREE
for ALL
Students

