



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choose One Item Below</u> 12/2</p> <ul style="list-style-type: none"> •Mozzarella Crunchers •French Bread Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/3</p> <ul style="list-style-type: none"> •Mandarin Chicken with Brown Rice •French Bread Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/4</p> <ul style="list-style-type: none"> •Popcorn Chicken •French Bread Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/5</p> <ul style="list-style-type: none"> •Turkey Sub Sandwich with Sun Chips •French Bread Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/6</p> <ul style="list-style-type: none"> •Tony's French Bread Pizza Cheese or *Pepperoni •Yogurt, Trail Mix & Muffin
<p><u>Must Choose at Least One Item Below</u> Apple, Raisins, Orange Juice Sweet Potato Fries <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Orange, Kiwifruit, Apple Juice Veggie Beans, Carrot Sticks <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Canned Fruit, Apple, Orange Juice Fresh Celery Sticks, Potatoes <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Banana, Pear, Apple Juice Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Tangerine, Applesauce, Orange Juice Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>
<p><u>Choose One Item Below</u> 12/9</p> <ul style="list-style-type: none"> •Bean & Cheese Burrito •Galaxy Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/10</p> <ul style="list-style-type: none"> •Chicken Double Dogs •Galaxy Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/11</p> <ul style="list-style-type: none"> •Chicken Rings •Galaxy Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/12</p> <ul style="list-style-type: none"> •Chicken Fettucine •Galaxy Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/13</p> <ul style="list-style-type: none"> •Galaxy Pizza Round Cheese or *Pepperoni •Yogurt, Trail Mix & Muffin
<p><u>Must Choose at Least One Item Below</u> Apple, Raisins, Orange Juice Sweet Potato Fries <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Orange, Kiwifruit, Apple Juice Veggie Beans, Carrot Sticks <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Canned Fruit, Apple, Orange Juice Fresh Cucumber Slices, Potatoes <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Banana, Pear, Apple Juice Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Tangerine, Applesauce, Orange Juice Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>
<p><u>Choose One Item Below</u> 12/16</p> <ul style="list-style-type: none"> •Macaroni & Cheese •Wild Mike's Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/17</p> <ul style="list-style-type: none"> •Cheeseburger Sliders •Wild Mike's Cheese Pizza •Yogurt, Trail Mix & Muffin "Treat Day" Polar Pole Sherbet Pop 	<p><u>Choose One Item Below</u> 12/18</p> <ul style="list-style-type: none"> •Chicken Tenders •Wild Mike's Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/19</p> <ul style="list-style-type: none"> •Make Your Own Nachos: Pinto Beans, Taco Meat, Shredded Cheese, Baked Tortilla Chips •Wild Mike's Cheese Pizza •Yogurt, Trail Mix & Muffin 	<p><u>Choose One Item Below</u> 12/20</p> <ul style="list-style-type: none"> •Wild Mike's Pizza Slice Cheese or *Pepperoni •Yogurt, Trail Mix & Muffin
<p><u>Must Choose at Least One Item Below</u> Apple, Raisins, Orange Juice Pickle Chips, Cooked Carrots <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Orange, Kiwifruit, Apple Juice Fresh Broccoli Florets, Carrot Sticks <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Canned Fruit, Apple, Orange Juice Pickle Chips, Corn <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Banana, Pear, Apple Juice Jicama, Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>	<p><u>Must Choose at Least One Item Below</u> Tangerine, Applesauce, Orange Juice Fresh Salad Greens <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate</p>

What Makes A Lunch Meal? USDA meal regulations are based on the 5 components that make "My Plate".

Students need to take 3-5 components (fruit, vegetable, grain, protein and dairy) daily. *Contains Pork.

Students **must add** a fruit or vegetable component. New this year, a daily meatless entrée.

◆ Menu items are made with low-fat cheese, reduced sugar and reduced sodium and contain no trans-fats.

◆ All breads, pizza crusts, rice, cereal and tortillas are whole grain.

◆ Our cashiers will make every attempt to produce meals based on purchase history, so that children get their first choice; however sometimes your child may not get their first choice based on vendor shortages, and changes in purchasing trends by students. Our goal is to provide our customers what they want for lunch and will make every attempt to do so.

*Flip over for breakfast, snack, and prepay meal form.



Our website: <http://nutrition-capousd-ca.schoolloop.com> is available for your convenience to do the following: check calorie and carbohydrate counts, online free and reduced meal applications, online prepaid forms, and download menus. Through e-Funds for Schools: Set up online prepaid accounts with email notifications for low account balance, recurring payments. Text messaging now available through e-Funds for Schools also.

Breakfast	1.75	Milk	.50
Lunch	2.50	Juice	.50
2nd Lunch	2.50	Water	.25
Snacks	.50-1.00		

****ATTENTION PARENTS!** Winter Recess - No School: December 23rd - January 3rd

Breakfast served at Kinoshita, Las Palmas, R.H. Dana, San Juan & Viejo. "Second Chance" breakfast is offered at all of our breakfast sites, except San Juan. If you missed breakfast, no worries, you will have a second opportunity to purchase it at recess.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Choose One-All items are Whole Grain</u> •Muffin •Cereal •Oatmeal Breakfast Bar •Mini-Cinnis	<u>Choose One-All items are Whole Grain</u> •Muffin •Cereal •Oatmeal Breakfast Bar •Sunrise Sandwich*	<u>Choose One-All items are Whole Grain</u> •Muffin •Cereal •Oatmeal Breakfast Bar •Pancakes Eggo Blueberry	<u>Choose One-All items are Whole Grain</u> •Muffin •Cereal •Oatmeal Breakfast Bar •Breakfast Wrap	<u>Choose One-All items are Whole Grain</u> •Muffin •Cereal •Oatmeal Breakfast Bar •French Toast Minis
<u>Choose at least One Item</u> Apple, Raisins, Orange Juice <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate	<u>Choose at least One Item</u> Orange, Kiwifruit, Apple Juice <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate	<u>Choose at least One Item</u> Canned Fruit, Apple, Orange Juice <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate	<u>Choose at least One Item</u> Banana, Pear, Apple Juice <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate	<u>Choose at least One Item</u> Tangerine, Applesauce, Orange Juice <u>May Choose One - Optional</u> 1 % White Milk or Nonfat Chocolate

CUSD cafeterias are inspected by Orange County Health Department on a regular basis. Food Service personnel are instructed, trained and certified in safety and sanitation procedures. Look for our Health Department Seal of Approval proudly displayed at all cafeterias!



RESTAURANT INSPECTIONS
 Search for inspection records of any of the food establishments in Orange County.

The USDA and the CDE are equal opportunity employers



Snack Items

Water	.25
Milk	.50
100% Juice-Apple	.50
100% Juice Frozen Rips	.75
100% Juice "Switch"	1.00
<i>Whole grain Goldfish Crackers</i>	.25
<i>Colby Jack Cheese Stick</i>	.50
<i>Whole grain reduced fat Cookie</i>	.50
<i>Whole grain Brownie Bite</i>	.50
<i>Whole grain Kettlecorn</i>	.50
<i>Sunflower Seeds-Blazin Hot</i>	.50
<i>Whole grain Cereal Bar</i>	.50
<i>Whole grain Mini Wheats</i>	.50

**Parents can set daily, weekly or monthly monetary snack amounts. Call our office at 234-9509.

CUSD FOOD AND NUTRITION SERVICES PREPAY LUNCH FORM – COMPLETE ONE FORM FOR EACH STUDENT. ATTACH WITH YOUR PAYMENT AND SEND TO YOUR CHILD'S SCHOOL

Student's Name: _____

School: _____ Student 7 Digit ID# _____

Parent/Guardian: _____

Daytime Phone: _____

Mailing Address: _____
Street Address, City, State, Zip

Credit Card (Circle one): Visa MC Discover

Number: _____ - _____ - _____

Expiration Date: ____/____/____ Amount: \$ _____

Your Signature (Required): _____

Make Check Payable to Food and Nutrition: Check # _____ Amount: \$ _____ Cash \$ _____

ELEMENTARY – LUNCH \$2.50

Full Price Meal
 Meal Quantity # _____ x \$2.50 = _____

Reduced Price Meal (if qualified)
 Breakfast Meal Quantity # _____ x \$.30 = \$ _____
 Lunch Meal Quantity # _____ x \$.40 = \$ _____

A la Carte Amount
 Specify daily limit: (\$ _____)

Prepaid Total \$ _____