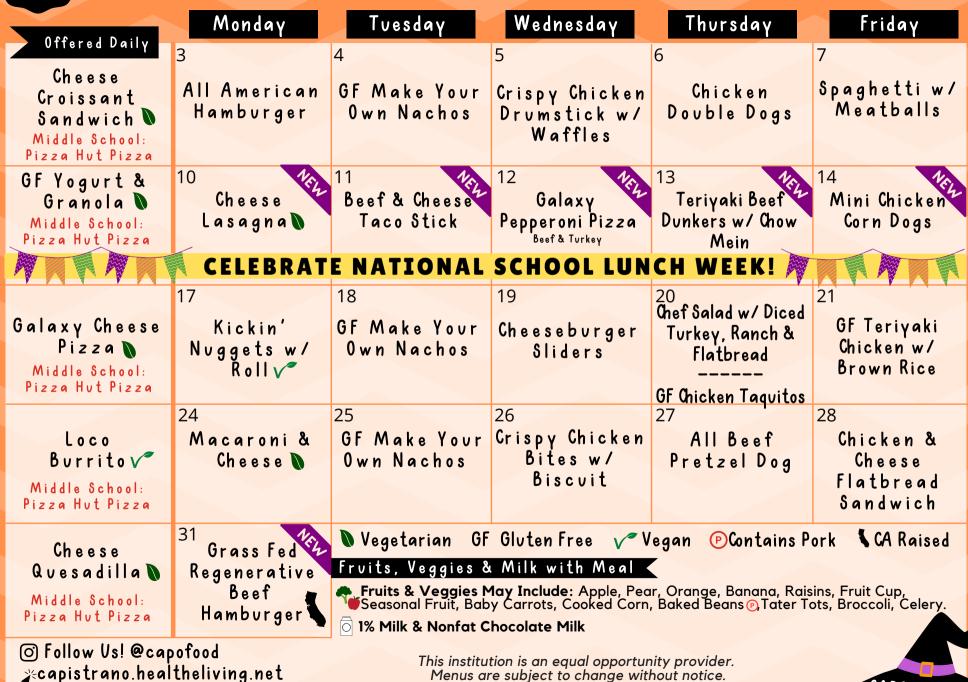
FREE for ALL Students

# 🗢 OCTOBER 2022 Carl Hankey Lunch



CAPO CUISIN



### Celebrating NATIONAL SCHOOL LUNCH WEEK! OCTOBER 10-14

CUSD joins school districts nationwide to celebrate National School Lunch Week!

All week. CUSD elementary schools will serve fun and healthy lunches that include the nutrition students need to learn, grow, and thrive.

5 NEW lunch items will be available. We can't wait for our students to try these items and let us know what they think!

### INTERACTIVE MENU

Have you visited our online interactive menus? Find allergen, nutrition and ingredient information as well as pictures of menu items!

#### Visit **bit.lv/wefeedkids** go to the menu page and scroll



Hi there! Welcome to Capo Crunch! Join us every month for menu updates, wellness tips, nutrition knowledge & more!

### REGENERATIVE AGRICULTURE

Regenerative agriculture recognizes how soil, water, crops, people, and animals are elements of one interconnected system. Regenerative agriculture works with nature to manage land used for raising animals or growing plants. This allows the land to get better with time.

Regenerative ranches, such as Richards Ranch, allow cattle to araze in patterns that do not overextend the pasture. This allows natural regrowth of plant life and sequesters enough carbon to create a greenhouse gas footprint that is 66% lower than conventional commodity animal farming.

#### VIRTUAL RANCH VISIT!



OCTOBER 10/5 National Walk & TR Bike to School Day

If you're able - walk, bike or roll to school!

• • 10/7 World Smile Day Practice an act of kindness. Help one person smile!

### 10/12 National 50 Farmer's Day We thank our farmers that

plow, sow, raise, feed, and harvest the food and materials that supply our country!

## 10/19



Step out of your comfort zone! Try to meet new people everywhere and become friends with them!

10/22 national Make a Difference Day Make a difference today -

big or small - all acts matter!

#### FARM 2 SCHOOL: GRASS FED REGENERATIVE BEEF Introducing a special beef patty on the menu 10/31 that is:

✓ Pasture Raised in California

- ✓ Certified Regenerative
- ✓Antibiotic & Hormone Free

#### Humanely Raised & Harvested

Our patty is from Cream Co Meats, an Oakland butchery that distributes meat from over 20 sustainable, regenerative and family-owned farms. The picture is from one of these farms – the regenerative ranch at Richards Grassfed Beef in Oregon House, CA.





new! 10/11 10/10 CHEESE BEEF & LASAGNA CHEESE

4 cheese lasagna - ricotta, mozzarella, romano & asiago, whole grain pasta

topped with marinara sauce.



TACO STICK

> Turkey and beef diced pepperoni personal pizza.

10/12 GALAXY

PEPPERONI

PIZZA

10/13 TERIYAKI BEEF DUNKERS WITH CHOW MEIN

Savory & sweet teriyaki beef dunkers with whole grain chow mein noodles. Picture coming soon!



uncured chicken franks

raised with no antibiotics

ever, no artificial colors,

flavors or preservatives.

MUFFIN

Whole grain Whole grain batter wrapped blueberry muffin made with blueberries & unsweetened applesauce.

10/31 GRASS 10/17 BLUEBERRY FED REGENERATIVE BEEF HAMBURGER hormone free,

100% antibiotic and humanely raised and harvested, pasture raised California beef patty on whole wheat bun. Picture coming soon!