

**FREE**  
for ALL  
Students

**OCTOBER 2022**  
**Carl Hankey Lunch**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Offered Daily</b>	3 Cheese Croissant Sandwich Middle School: Pizza Hut Pizza	4 All American Hamburger	5 GF Make Your Own Nachos	6 Crispy Chicken Drumstick w/ Waffles	7 Chicken Double Dogs
GF Yogurt & Granola Middle School: Pizza Hut Pizza	10 Cheese Lasagna	11 Beef & Cheese Taco Stick	12 Galaxy Pepperoni Pizza Beef & Turkey	13 Teriyaki Beef Dunkers w/ Chow Mein	14 Mini Chicken Corn Dogs
<b>CELEBRATE NATIONAL SCHOOL LUNCH WEEK!</b>					
Galaxy Cheese Pizza Middle School: Pizza Hut Pizza	17 Kickin' Nuggets w/ Roll	18 GF Make Your Own Nachos	19 Cheeseburger Sliders	20 Chef Salad w/ Diced Turkey, Ranch & Flatbread ----- GF Chicken Taquitos	21 GF Teriyaki Chicken w/ Brown Rice
Loco Burrito Middle School: Pizza Hut Pizza	24 Macaroni & Cheese	25 GF Make Your Own Nachos	26 Crispy Chicken Bites w/ Biscuit	27 All Beef Pretzel Dog	28 Chicken & Cheese Flatbread Sandwich
Cheese Quesadilla Middle School: Pizza Hut Pizza	31 Grass Fed Regenerative Beef Hamburger	Vegetarian GF Gluten Free Vegan Contains Pork CA Raised <b>Fruits, Veggies &amp; Milk with Meal</b> <b>Fruits &amp; Veggies May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans, Tater Tots, Broccoli, Celery. 1% Milk & Nonfat Chocolate Milk			

Follow Us! @capofood  
capistrano.healtheliving.net

*This institution is an equal opportunity provider.  
Menus are subject to change without notice.*





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

## 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!

*New!*

### 10/10 CHEESE LASAGNA



4 cheese lasagna - ricotta, mozzarella, romano & asiago, whole grain pasta topped with marinara sauce.



### 10/11 BEEF & CHEESE TACO STICK

Seasoned beef & cheese wrapped in a whole grain tortilla.

### 10/12 GALAXY PEPPERONI PIZZA



Turkey and beef diced pepperoni personal pizza.

### 10/13 TERIYAKI BEEF DUNKERS WITH CHOW MEIN

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

### 10/14 MINI CHICKEN CORN DOGS



Whole grain batter wrapped uncured chicken franks raised with no antibiotics ever, no artificial colors, flavors or preservatives.

### 10/17 BLUEBERRY MUFFIN



Whole grain blueberry muffin made with blueberries & unsweetened applesauce.

### 10/31 GRASS FED REGENERATIVE BEEF HAMBURGER

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

## INTERACTIVE MENU

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

Visit [bit.ly/wefeedkids](https://bit.ly/wefeedkids) go to the menu page and scroll down to "Check Out Our Interactive Menus".



## 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 graze 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!



## FARM 2 SCHOOL: GRASS FED REGENERATIVE BEEF

Introducing a special beef patty on the menu 10/31 that is:

### RICHARDS RANCH OREGON HOUSE, CA



- ✓ 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.

## OCTOBER

10/5

National Walk & 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 Farmer's Day



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

10/19

National New Friends Day



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!