

FREE
for ALL
Students

APRIL 2024 Hankey Breakfast

WHAT GOES
UP WHEN THE
RAIN COMES
DOWN?



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Cinnamon
Chex Cereal

8
Chicken & Cheese
Empanada



NATIONAL
EMPANADA DAY!

9
Blueberry
Muffin

10
Sunrise
Sandwich ^P

11
Chocolate Chip
French
Toast

12
Mini
Cinnis

GF Honey
Cheerios
Cereal

15
Oatmeal
Chocolate Chip
Bar

16
Chicken
Sausage
Pancake
Sandwich

17
Maple
Waffle

18
Aloha
Sandwich
(beef)

19
Mini
Cinnis

GF Cinnamon
Chex Cereal

22
Oatmeal
Chocolate Chip
Bar

23
Mini Apple
Breakfast
Bites

24
Breakfast
Pizza Bagel

25
Blueberry
Waffle or
Zucchini Bread



NATIONAL ZUCCHINI
BREAD DAY!

26
Mini
Cinnis

GF Honey
Cheerios
Cereal

29
Oatmeal
Chocolate Chip
Bar

30
French Toast
Sticks

Vegetarian GF Gluten Free
^P Contains Pork
Follow Us! @capofood
capistrano.healtheliving.net

Meal Includes Entree, Fruits & Milk!

Fruits May Include: Apple, Pear, Orange, Banana, Dried Apple Crisps, Applesauce, Seasonal Fruit.



1% Milk* & Nonfat Chocolate Milk*

*made From cows not treated with rBST

This institution is an equal opportunity provider.
Menu is subject to change without notice.



FREE
for ALL
Students

APRIL 2024 Hankey Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

Bean & Cheese Burrito 🌱

Domino's Cheese or Pepperoni 🍕 Pizza (middle school only)

Galaxy Cheese Pizza 🌱

Domino's Cheese or Pepperoni 🍕 Pizza (middle school only)

Cheesy Pull Apart Bread 🌱

Domino's Cheese or Pepperoni 🍕 Pizza (middle school only)

Hummus, Sun Chips & String Cheese 🌱

Domino's Cheese or Pepperoni 🍕 Pizza (middle school only)

8

Mozzarella Crunchers 🌱

15

Macaroni & Cheese 🌱

22

Kickin' Nuggets w/ Roll ✓

29

Mozzarella Pinwheel 🌱

9

House Made Chili w/ Tortilla Chips 🥄

16

GF Chicken Taquitos
Salsa Cup Optional

23

GF Make Your Own Nachos

30

Chicken Dumplings Ⓢ
w/ Teriyaki Sauce

10

Crispy Chicken Drumstick w/ Waffles

17

Crispy Chicken Filet Sandwich

24

Chicken Tenders w/ Cornbread Poppers

11

Cheeseburger Sliders

18

Crispy Chicken Bites w/ Animal Crackers
NATIONAL ANIMAL CRACKER DAY!

25

Cheeseburger

12

Grilled Cheese Flatbread 🌱
Marinara Cup Optional
NATIONAL GRILLED CHEESE DAY!

19

Mandarin Orange Chicken w/ Chow Mein

26

Chicken Pretzel Dog*
*no nitrites or nitrates
NATIONAL PRETZEL DAY!

🌱 Vegetarian GF Gluten Free ✓ Vegan
🥄 House Made Ⓢ Contains Sesame

📷 Follow Us! @capofood
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Meal Includes Entree, Fruits, Veggies & Milk!

🥦 **Fruits & Veggies May Include:** Apple, Pear, Orange, Banana, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Salad, Jicama.



1% Milk* & Nonfat Chocolate Milk*

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HARVEST OF THE MONTH: SWEET PEAS

Sweet peas are a good source of a B vitamin called Thiamin. Thiamin is important for a healthy nervous system. The nervous system is a system of electrical cables running all through our bodies that send signals to our brain so we can do all the things: feel, see, hear, and move our body! Thiamin also converts the food we eat into energy so we can learn, play, and grow.

Peas are a type of vegetable called a Legume. Legumes pack a double punch and count as both a vegetable and a protein!

Plant-proteins, like peas and beans, are different than animal proteins because they have fiber and phytonutrients (fy-toe-noo-tree-ents). Fiber and phytonutrients help fight serious diseases.

Shared from
Healthy Kids,
Happy Planet

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

4/12: GRILLED CHEESE FLATBREAD W/ MARINARA DIP

Grilled cheese sandwich made in our central kitchen with whole grain flatbread, Swiss & white American cheese served with a marinara cup for dipping.



4/28-30: HUMMUS, SUN CHIPS & STRING CHEESE

Sabra classic hummus served with whole grain sun chips and mozzarella string cheese.



4/18: CRISPY CHICKEN BITES & ANIMAL CRACKERS

Crispy chicken bites made with white whole muscle chicken meat. Served with whole grain berry animal crackers.



4/8: CHICKEN & CHEESE EMPANADA

Empanadas are like small pies you can hold in your hand. Ours is filled with chicken and mozzarella cheese. They are commonly eaten in Spain, South Europe, Latin America, and the Philippines.



4/25: ZUCCHINI BREAD

Sweet bread made with shredded zucchini.



FARM TO SCHOOL: STRAWBERRIES!

Spring brings juicy, red strawberries to California! Bright, delicious, and sweet, they are an excellent source of Vitamin C. You'll find California land dense with acres of strawberry fields and the farmers and farmworkers who grow and harvest this vibrant, healthy berry.

90% of the strawberries grown in the U.S. originate in California. Generations of dedicated farmers continue to produce their crops in healthy, sustainable ways. In fact, more organic strawberries are grown in California than anywhere in the world. Keep an eye out for strawberries at school this month!

Shared from californiastrawberries.com



APRIL

4/7 World Health Day



This year's theme is Health for All, with a goal that all people have good health for a fulfilling life in a peaceful, prosperous, and sustainable world.

4/12 National Grilled Cheese Day



Grilled Cheese used to be called a "Cheese Dream" and was just one piece of bread with a slice of cheese on top. In the 1960s, the second piece of bread was added on top and it was called a Grilled Cheese Sandwich.

4/21 National Chickpea Day



Chickpeas are also known as garbanzo beans. This powerful veggie is known as a legume because it grows in a pod. Legumes are a great source of protein for energy!

4/22 Earth Day



This year's theme is Invest In Our Planet. Investing in our planet is necessary to protect it and the best way to pave a path towards a prosperous future.