

APRIL 2024 Hankey Breakfast



Office of Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily GF Cinnamon Chex Cereal	Chicken & Cheese Empanada NATIONAL EMPANADA DAY!	9 Blueberry Muffin	10 Sunrise Sandwich (P)	11 Chocolate Chip French Toast	Mini Cinnis
GF Honeγ Cheerios Cereal	15 Oatmeal Chocolate Chip Bar	16 Chicken Sausage Pancake Sandwich	Maple Waffle	Aloha Sandwich (beef)	Mini Cinnis
GF Cinnamon Chex Cereal D	22 Oatmeal Chocolate Chip Bar	Mini Apple Breakfast Bites	Breakfast Pizza Bagel	Blueberry Waffle or Zucchini Bread NATIONAL ZUCCHINI BREAD DAY!	Mini Cinnis
GF Honeγ Cheerios Cereal 🐚	29 Oatmeal Chocolate Chip Bar	30 French Toast Sticks	Vegetarian P Contains Po Ø Follow Us! @ca	pofood	

Meal Includes Entree, Fruits & Milk!

Fruits May Include: Apple, Pear, Orange, Banana, Dried Apple Crisps, Applesauce, Seasonal Fruit. This institution is an equal opportunity provider. Menu is subject to change without notice.



1% Milk* & Nonfat Chocolate Milk*

*made from cows not treated with rBST





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Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday	
Bean & Cheese Burrito Domino's Cheese or Pepperoni® Pizza (middle school only)	8 Mozzarella Crunchers	9 House Made Chili / w/ Tortilla Chips	10 Crispy Chicken Drumstick w/ Waffles	11 Cheeseburger Sliders	Grilled Cheese Flatbread Marinara Op Optional NATIONAL GRILLED CHEESE DAY!	
Galaxy Cheese Pizza Domino's Cheese or Pepperoni® Pizza (middle school only)	15 Macaroni & Cheese	16 GF Chicken Taquitos Salsa Op Optional	17 Crispy Chicken Filet Sandwich		19 Mandarin Orange Chicken w/ Chow Mein	
Cheesy Pull Apart Bread Domino's Cheese or Pepperoni® Pizza (middle school only)	22 Kickin' Nuggets w/ Roll √	23 GF Make Your Own Nachos	Chicken Tenders w/ Cornbread Poppers	25 Cheeseburger	Chicken Pretzel Dog* *no nitrites or nitrates NATIONAL PRETZEL DAY!	
Hummuso, Sun Chips & String Cheese Domino's Cheese or Pepperoni® Pizza (middle school only)	29 Mozzarella Pinwheel	30 Chicken Dumplings S w/ Teriyaki Sauce	Vegetarian GF Gluten Free Vegan House Made S Contains Sesame OFollow Us! @capofood capistrano.healtheliving.net			
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. This institution is an equal opportunity provider. Menu is subject to change without notice.						



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 Hithere! Welcome to Capo Crunch! Join us every month for menuupdates, 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.





4/25: 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

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

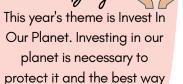
Empanadas are like small pies you can hold in your hand. Ours is filled with chicken and mozzarella cheese. They are commonly eaten in Spain, South Europe, Latin America, and the Philippines.

4/21 National Chickpea

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

Earth Day



to pave a path towards a prosperous future.



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.

APRIL

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.