

FREE
for ALL
Students


APRIL 2024

Capo Virtual Breakfast

Offered Daily		8	9	10	11	12
GF Cinnamon Rice Chex Cereal 🌿	Mini Apple Breakfast Bites 🌿	Maple Waffle 🌿	Oatmeal Chocolate Chip Bar 🌿	Wild Blueberry Waffle 🌿	Mini Cinnis 🌿	
GF Honey Cheerios Cereal 🌿	15 Mini Apple Breakfast Bites 🌿	16 Maple Waffle 🌿	17 Oatmeal Chocolate Chip Bar 🌿	18 Wild Blueberry Waffle 🌿	19 Mini Cinnis 🌿	
GF Cinnamon Rice Chex Cereal 🌿	22 Mini Apple Breakfast Bites 🌿	23 Maple Waffle 🌿	24 Oatmeal Chocolate Chip Bar 🌿	25 Wild Blueberry Waffle 🌿	26 Mini Cinnis 🌿	
GF Honey Cheerios Cereal 🌿	29 Mini Apple Breakfast Bites 🌿	30 Maple Waffle 🌿	 Follow Us! @capofood This institution is an equal opportunity provider. Menu is subject to change without notice.			

🌿 Vegetarian GF Gluten Free

Fruits & Milk with Meal!

 **Fruits May Include:** Apple, Pear, Orange, Banana, Applesauce, Fruit Cup, Seasonal Fruit













1% Milk* & Nonfat Chocolate Milk*

**made from cows not treated with rBST*




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APRIL 2024 Capo Virtual Lunch

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Burrito 🌱	8 Mozzarella Crunchers 🌱	9 House Made Chili 🥄 w/ Tortilla Chips	10 Crispy Chicken Drumstick w/ Waffles	11 Cheeseburger Sliders	12 Grilled Cheese Flatbread 🥄🌱 NEW Marinara Cup Optional  NATIONAL GRILLED CHEESE DAY!
Galaxy Cheese Pizza 🌱	15 Macaroni & Cheese 🌱	16 GF Chicken Taquitos Salsa Cup Optional	17 Crispy Chicken Filet Sandwich	18 Crispy Chicken Bites w/ Animal Crackers  NATIONAL ANIMAL CRACKER DAY! NEW	19 Mandarin Orange Chicken w/ Chow Mein
Cheesy Pull Apart Bread 🌱	22 Kickin' Nuggets w/ Roll 🌱	23 GF Make Your Own Nachos	24 Chicken Tenders w/ Cornbread Poppers	25 Cheeseburger	26 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>  NATIONAL PRETZEL DAY!
Hummus  , Sun Chips & String Cheese 🌱	29 Mozzarella Pinwheel 🌱	30 Chicken Dumplings  w/ Teriyaki Sauce	 Vegetarian GF Gluten Free  Vegan  House Made  Contains Sesame  Follow Us! @capofood		

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.



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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.