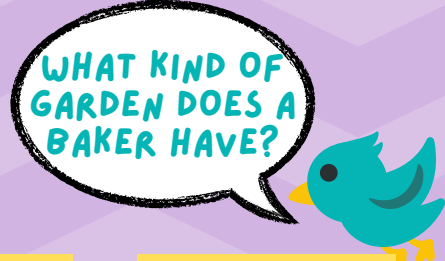


**FREE**  
for ALL  
Students

**APRIL 2025**  
Elementary Lunch



**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

Offered Daily

Bean & Cheese Burrito	1 Belgian Waffle w/ All Natural Chicken Sausage Links* <i>*no nitrites or nitrates</i>	2 GF Chicken Tamale	3 Pepperoni Pizza Wedge <sup>P</sup>	4 Mandarin Orange Chicken w/ Chow Mein
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**Spring Break**

Galaxy Cheese Pizza	14 Kickin' Sandwich <sup>S</sup>	15 Crispy Chicken Tenders w/ Cornbread Poppers	16 GF Chicken Taquitos* <i>*no antibiotics ever</i>	17 Cheeseburger Sliders	18 Spaghetti w/ Meatballs
Cheese Croissant Sandwich	21 Macaroni & Cheese	22 Crispy Chicken Drumstick w/ Waffle	23 Crunchy Beef & Cheese Tacos <i>Lettuce &amp; tomato Cup side</i>	24 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	25 Make Your Own Bao Bun w/ Teriyaki Chicken
Cheese Pizza Wedge	28 Kickin' Nuggets w/ Roll	29 Chicken Dumplings w/ Teriyaki Sauce <sup>S</sup>	30 Make Your Own Chicken* Soft Tacos <i>Lettuce &amp; tomato Cup side</i> <i>*no antibiotics ever</i>	<ul style="list-style-type: none"> <li> Vegetarian</li> <li> GF Gluten Free</li> <li> Vegan</li> </ul>	<ul style="list-style-type: none"> <li><sup>P</sup> Contains Pork</li> <li> House-Made</li> <li><sup>S</sup> Contains Sesame</li> </ul>

**Fruits, Veggies & Milk with Meal**

**Fruits & Veggies May Include:** Apple Slices, Orange Slices, Organic Banana, Kiwi, Organic Fuji Apple, Pear, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Organic Sugar Snap Peas

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

**1% Milk\* & Nonfat Chocolate Milk\***  
*\*made from cows not treated with rBST*

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**FREE**  
for ALL  
Students

**APRIL 2025**  
**Elementary Breakfast**



**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

Offered Daily

GF Cinnamon Chex Cereal 🌿	1 Mini Cheese Pizza Slices 🌿 <i>NEW</i> April Fools!	2 French Toast Sticks	3 Everything Bagel <sup>S</sup> w/ Cream Cheese 🌿	4 Pancake Bites 🌿
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*Spring Break*

GF Honey Cheerios Cereal 🌿	14 Sunrise Sandwich (Beef)	15 Blueberry Muffin 🌿	16 Maple Waffle 🌿	17 Plain Bagel w/ Cream Cheese 🌿	18 Mini Cinnis 🌿
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GF Cinnamon Chex Cereal 🌿	21 GF Greek Vanilla Yogurt w/ GF Granola 🌿	22 Chicken Sausage Pancake Sandwich	23 French Toast Sticks 🌿	24 Blueberry Bagel w/ Cream Cheese 🌿 <i>NEW</i>	25 Pancake Bites 🌿
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GF Honey Cheerios Cereal 🌿	28 Blueberry Muffin 🌿	29 Sunrise Sandwich (Beef)	30 Maple Waffle 🌿	🌿 Vegetarian GF Gluten Free <sup>S</sup> Contains Sesame	
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**Fruits, Veggies & Milk with Meal**

**Fruits & Veggies May Include:** Apple Slices, Orange Slices, Organic Banana, Kiwi, Organic Fuji Apple, Pear, Organic Strawberries

**1% Milk\* & Nonfat Chocolate Milk\***  
*\*made from cows not treated with rBST*

*This institution is an equal opportunity provider.  
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*Hi there!* Welcome to Capo Crunch! Join us every month for menu updates, wellness tips, nutrition knowledge & more!

*New!*

**APRIL 1: APRIL FOOL'S DAY MENU SWITCH UP!**

We're mixing things up on Monday, April 1st. It's a fun twist, join us for silly, tasty fun!

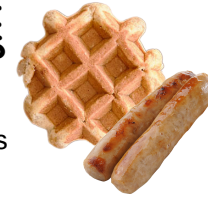
**4/1 BREAKFAST: MINI CHEESE PIZZA SLICES**

Get ready for a lunchtime surprise in the morning! 2 mini slices of cheese pizza on whole grain rich crust.



**4/1 LUNCH: BELGIAN WAFFLE WITH CHICKEN SAUSAGE LINKS**

Breakfast is taking over! Enjoy a whole grain rich Belgian waffle with All Natural Chicken Sausages from Jones Dairy Farm.



**4/24 BLUEBERRY BAGEL**

Freshly baked bagel with blueberry. Flavor picked based on survey created by Canyon Vista student council!



**4/30 MAKE YOUR OWN CHICKEN SOFT TACOS**

Seasoned chicken served with refried beans served and 2 soft tortillas so students can make their own tacos. Shredded lettuce and tomato cup on the side.



*March Fruit & Veggies*



**Organic Fuji Apples & Red Apple Slices**

Contain fiber which is good for your gut and heart.



**Pear**

Contains fiber which supports our digestive system.



**Organic Banana**

Contain potassium which keeps our heart healthy.



**Orange Slices**

Contain Vitamin C which boosts our immune system.



**Kiwi**

Vitamin C-packed, supports immune health, and aids digestion.



**Organic Strawberries**

Contain vitamin C, antioxidants, and fiber, supporting immune health and digestion.



**Carrots**

Contain Vitamin A which keeps eyes healthy.



**Edamame**

Also known as soybeans and are higher in protein than most vegetables.



**Broccoli**

A good source of calcium. It has as much calcium per gram as milk!



**Jicama**

Contains fiber which is good for your gut and heart. Contains Vitamin C, too!



**Celery**

Made up of 95% water! Also contains fiber which is good for your gut and heart.



**Organic Snap Sugar Peas**

Crunchy and sweet rich in fiber and Vitamin C.

**APRIL**

**4/7 World Health Day**



This year's theme is Healthy Beginnings, Hopeful Futures. Just like planting seeds that grow into big, strong trees, the healthy habits we start today can help us feel our best as we grow older.

By making good choices now, like eating fruits and vegetables, exercising, and getting plenty of sleep, we can have more energy, feel better, and be ready for anything life brings!

**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**



Earth Day is a special day to celebrate and protect our planet! It's a time to think about how we can make the world a cleaner, healthier place for everyone.

**EARTH DAY: 4/22**

**Did you know we use compostable packaging and utensils whenever possible?** This means that the materials we use for meals can break down naturally and won't sit in landfills for a long time.

There's another way we can help the Earth—by cutting down on food waste. Students are required to take a fruit or veggie with their meal. Sadly, some students don't eat it and instead put it in the share station.

**Did you know you could save whole fruit in your backpack for later?!**

We've also noticed that some kids take nachos but leave the bean filling and beef (which are packed with protein and fiber!) behind in the share station and only eat the chips.

**Did you know that protein and fiber work together to keep you full and energized throughout the day?!**

Food waste is a problem because the food we don't eat often ends up in the trash, which wastes energy, water, and all the resources that went into growing and preparing it. By being more mindful and eating what we take, we can make a huge difference in reducing waste and helping the Earth.

Let's celebrate Earth Day by being responsible with our food choices and remembering that everything we do—big or small—helps make the Earth a better place!