

**FREE**  
for ALL  
Students

**APRIL 2026**  
Capistrano Virtual 6-8 Lunch



**Offered Daily**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**Offered Daily**  
**Cheese Quesadilla** 🌿  
*(Contains Coconut Oil)*

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\*capistrano.healtheliving.net

1 **Belgian Waffle** NEW  
w/ All-Natural Chicken Sausage Links\*  
*\*no nitrites or nitrates added*

2 **Chicken Double Dogs\***  
*\*no nitrites or nitrates added*

3

**Spring Break**

12 **Cheese Pizza Wedge** 🌿

13

14 **Chicken Dumplings w/ Teriyaki** 🍷

15 **GF Make Your Own Nachos**

16 **Cheeseburger on Potato Brioche Bun** 🍷  
w/ Organic Cheddar  
*Lettuce & Tomato Cup (side)*

17

19 **Bean & Cheese Burrito** 🌿

20

21 **Crispy Chicken Filet** 🐔  
Sandwich on Brioche Bun

22 **GF Chicken Taquitos\***  
*\*no antibiotics ever*

23 **Pepperoni Pizza Wedge** 🍷

24

26 **Galaxy Cheese Pizza** 🌿

27

28 **Crispy Chicken Tenders w/ Cornbread Poppers**

29 **Make Your Own Chicken Soft Tacos\***  
*\*no antibiotics ever*  
*Lettuce, Tomato, & Cheese Cup (side)*

30 **Hamburger Sliders**



**Fruits, Veggies & Milk with Meal**

**Fruits & Veggies May Include:** Apple Slices, Asian Pear, Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Green Pear, Jicama Sticks, Kiwi, Locally Grown Dates, Locally Grown Garden Fresh Side Salad, Organic Banana, Organic Fuji Apple, Organic Strawberries, Organic Tango Mandarin, Persian Cucumber, Rainbow Baby Carrots, Sugar Snap Peas, Tater Tots, Yellow Corn

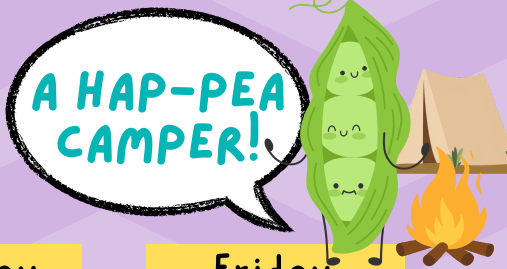
🥛 **1% Milk\* & Nonfat Milk\***  
*\*made from cows not treated with rBST*

- 🌿 Vegetarian
- 🌱 Vegan
- GF Gluten Free
- 🍷 Contains Pork
- 🍷 Contains Sesame
- 🍷 Grass-fed Beef, Regenerative Ranch
- 🐔 One Health Cert.
- 🍷 Locally Made
- 🍷 House Made
- 🍷 Freshly Baked

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

**FREE**  
for ALL  
Students

**APRIL 2026**  
Capistrano Virtual 6-8 Breakfast



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal	 	1 Mini Cheese Pizza Slices	2 Blueberry Bagel w/ Cream Cheese	3	
<b>Spring Break</b>					
GF Honey Cheerios Cereal	13	14 Blueberry Muffin	15 Maple Waffle	16 Plain Bagel w/ Cream Cheese	17
GF Cinnamon Chex Cereal	20	21 Chicken Sausage Pancake Sandwich	22 French Toast Sticks	23 Blueberry Bagel w/ Cream Cheese	24
GF Honey Cheerios Cereal	27	28 Sunrise Sandwich (P)	29 Maple Waffle	30 Plain Bagel w/ Cream Cheese	

**Fruits & Milk with Meal**

**Fruits May Include:** Applesauce, Apple Slices, Asian Pear, Green Pear, Kiwi, Organic Banana, Organic Fuji Apple, Organic Tango Mandarin, Strawberry Apple Crisps

Vegetarian    Freshly Baked  
 GF Gluten Free    (P) Contains Pork

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

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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!

April Fools - lunch is breakfast and breakfast is lunch for one day only on Wednesday, April 1.

Did you know our All Natural Chicken Sausages come from Jones Dairy Farm with no nitrates or nitrites?

**BREAKFAST:  
MINI CHEESE  
PIZZA SLICES**



**LUNCH:  
BELGIAN  
WAFFLE  
WITH ALL-  
NATURAL  
CHICKEN  
SAUSAGE  
LINKS**



**HARVEST OF THE MONTH:  
SUGAR SNAP PEAS**

Sugar snap peas are a **cross between Chinese snow peas and a mutated shell pea plant** from Idaho. They have a **mild sweet flavor** with a good **crunchy snap**.

Snap peas are a **good source of protein** for your muscles and **vitamin A** for your skin and eyes.

The best part is you can **eat the whole thing - peas, pod, and all!**



**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.

## April Fruit & Veggies



**Organic Fuji Apples & Red Apple Slices**

Contain fiber which is good for your gut and heart.



**Asian Pear**

Contains fiber which supports our digestive system.



**Organic Tango Mandarin**

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



**Organic Banana**

Contain potassium which keeps our heart healthy.



**Organic Strawberries**

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



**Baby Carrots & Rainbow 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.

**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!