

FREE
for ALL
Students

APRIL 2026
Preschool Lunch



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

Offered Daily
Cheese Quesadilla
(Contains Coconut Oil)

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 April Fools!

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

2 **Cheese Quesadilla**
(Contains Coconut Oil)

3 **GF Teriyaki Chicken w/ Brown Rice**

Spring Break

Cheese Pizza Wedge

13 **Kickin' Nuggets w/ Roll**

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 **Bolognese Spaghetti**

Bean & Cheese Burrito

20 **Mozzarella Crunchers**

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

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

23 **Pepperoni Pizza Wedge**

24 **Mandarin Orange Chicken w/ Chow Mein**

Galaxy Cheese Pizza

27 **Kickin' Sandwich**

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.

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APRIL 2026
Preschool Breakfast



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal	Follow Us! @capofood capistrano.healtheliving.net 	1 Mini Cheese Pizza Slices	2 Blueberry Bagel w/ Cream Cheese	3 Pancake Bites	
Spring Break					
GF Honey Cheerios Cereal	13 Blueberry Muffin	14 Sunrise Sandwich (P)	15 Maple Waffle	16 Plain Bagel w/ Cream Cheese	17 GF Honey Cheerios Cereal
GF Cinnamon Chex Cereal	20 GF Vanilla Greek Yogurt w/ GF Granola	21 Chicken Sausage Pancake Sandwich	22 French Toast Sticks	23 Blueberry Bagel w/ Cream Cheese	24 Pancake Bites
GF Honey Cheerios Cereal	27 Blueberry Muffin	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

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

Vegetarian Freshly Baked
 GF Gluten Free Contains Pork

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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!