

**FREE**  
for ALL  
Students

# AUGUST 2026 Combo TK-8 Lunch



WHAT DO YOU  
CALL A DINOSAUR  
THAT EATS ITS  
VEGGIES?



| Offered Daily               | Monday                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                    | Thursday                                          | Friday                                            |
|-----------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Mozzarella Crunchers 🌱      | WELCOME BACK CUSD!<br> | 18<br>Pasta 🍷<br>with Meatballs 🍴                                                                                                                                                                                                                                                                                                                                                                                                                                  | 19<br>Personal Pan Pepperoni Pizza*<br><i>*no nitrates or nitrates added</i> | 20<br>Barbecue Mary's Chicken Drumstick w/ Roll 🍴 | 21<br>Crispy Chicken Tenders w/ Cornbread Poppers |
| Cheese Personal Pan Pizza 🌱 | 24<br>GF Chicken Taquitos                                                                               | 25<br>Crispy Chicken Drumstick w/ Waffles                                                                                                                                                                                                                                                                                                                                                                                                                          | 26<br>Chicken Tender Parmesan w/ Shells 🍴                                    | 27<br>Hamburger 🍷<br>Lettuce & Tomato Cup (side)  | 28<br>GF Chicken Teriyaki w/ Brown Rice 🍴         |
| Kickin' Nuggets w/ Roll 🍴   | 31<br>Bean & Cheese Burrito 🌱                                                                           | <b>Meal includes entree, fruit, veggies, &amp; milk!</b><br><b>Fruits &amp; Veggies May Include:</b> Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Nectarine, Organic Apple Slices, Organic Fuji Apple, Persian Cucumber, Plum, Tater Tots, Yellow Corn<br> <b>1% Milk* &amp; Nonfat Milk*</b><br><i>*made from cows not treated with rBST</i> |                                                                              |                                                   |                                                   |

GF Gluten Free  
🌱 Vegetarian  
🌱 Vegan  
🍴 House Made

 Freshly Baked

 Locally Made

 Grass-fed Beef, Regenerative Ranch



✨ [capistrano.healtheliving.net](http://capistrano.healtheliving.net)

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This institution is an equal opportunity provider. Menu is subject to change without notice.

Parents, WE'RE HIRING! Work while your kids are at school. Visit [bit.ly/wefeedkids](http://bit.ly/wefeedkids)

Carl Hankey TK-8, Harold Ambuehl Elementary, & South County Virtual Academy Middle School

**FREE**  
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Students

# AUGUST 2026

## Combo TK-8 Breakfast



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**BROCCOLI-  
SAURUS!**



| Offered Daily              | Monday                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                | Wednesday                               | Thursday                               | Friday                |
|----------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------|-----------------------|
| GF Honey Cheerios Cereal 🌿 | WELCOME BACK CUSD!<br> | 18<br>Sunrise Sandwich (P)                                                                                                                                                                                                                                                                                                                                                                                                                             | 19<br>French Toast Sticks 🌿             | 20<br>Plain Bagel w/ Cream Cheese 🌿    | 21<br>Mini Cinnis 🌿   |
| GF Cinnamon Chex Cereal 🌿  | 24<br>GF Vanilla Greek Yogurt w/ GF Granola 🌿                                                           | 25<br>Chicken Sausage Pancake Sandwich                                                                                                                                                                                                                                                                                                                                                                                                                 | 26<br>Blueberry Bagel w/ Cream Cheese 🌿 | 27<br>Chocolate Croissant 🌿 <b>NEW</b> | 28<br>Pancake Bites 🌿 |
| GF Honey Cheerios Cereal 🌿 | 31<br>Blueberry Muffin 🌿                                                                                | <b>Meal includes entree, fruit, &amp; milk!</b><br> <b>Fruits May Include:</b> Applesauce, Grapes, Nectarine, Organic Apple Slices, Organic Fuji Apple, Plum, Strawberry Apple Crisps<br><br> <b>1% Milk* &amp; Nonfat Milk*</b><br><i>*made from cows not treated with rBST</i> |                                         |                                        |                       |

🌿 Vegetarian

(P) Contains Pork

GF Gluten Free

 Freshly Baked



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Hi there! Welcome to Capo Crunch! Join us every month for menu updates, wellness tips, nutrition knowledge & more!

## PRACTICE YOUR PIN!

Every student has a 7 digit ID number they enter to receive their meal. Check Aeries for your student's ID!

### HOMEWORK:

Practice memorizing your ID number at home!

## MENU INFO & MORE

Did you know we have interactive menus with:

Allergens  
Ingredients  
Nutrition Info  
Pictures of our food

Visit [bit.ly/wefeedkids](http://bit.ly/wefeedkids) or download the My School Menus app on your phone!

## EDUCATION BENEFIT FORMS MATTER!

Meals are free for all students this school year. Education Benefit Forms (formerly known as meal applications) are still VERY important!

### Family Benefits:

- Free Chromebook coverage.
- Discounted bus passes.
- Discounted before & after school enrichment programs.
- Discounted household utilities.
- Discounted & fee waivers for AP tests, admission tests, and college applications.

### School Benefits:

- Provide increased funding through the Local Control Funding Formula.
- Fund support staff.
- Fund computers & technology.
- Fund career tech programs.
- Discounted internet costs to district.
- Provide grants to improve school meal quality.

Apply Today: [SchoolCafe.com/CapoUSD](http://SchoolCafe.com/CapoUSD) or call 949-234-9509

## WHAT'S NEW THIS YEAR?

### 8/19 Pepperoni Personal Pan Pizza



All-beef pepperoni deep dish pizza with no nitrates, nitrites, BHA, or BHT.

### 8/20 *Mary's* CHICKEN

Air-chilled and free range, Mary's Chicken is **on the menu every month!** Check out this month's **Barbecue Drumstick**.

### 8/27 Chocolate Croissant

Warm, whole grain French-style chocolate croissant.



### 8/24-28 Cheese Personal Pan Pizza



Four cheese deep dish pizza made with high quality ingredients.

### 8/26 Chicken Tender Parmesan with Shells

Whole muscle chicken tenders with marinara sauce, organic mozzarella cheese, and locally made Etto pasta shells.



Did You  
KNOW THAT...

Breakfast and Lunch are **FREE** for ALL Students!

FREE

ALL Elementary Sites Serve Breakfast During Morning Recess.



We are certified by **Eat REAL**.



A vegetarian alternate option is available daily.



We offer vegan plant based items like Kickin' Nuggets & Kickin' Sandwich.



# AUGUST

## 8/15 *national Relaxation Day*



This exercise releases muscle tension. Pretend you are a lazy cat that just woke up from a nap.

- Have a big yawn.
- Meow.
- Stretch your arms, legs and back slowly like a cat, relax.

## 8/16 *Tell a Joke Day* **LOL!**

What do you call the time in between eating peaches?

A pit stop!

## 8/21 *Senior Citizen Day*



Ideas to Celebrate with your Favorite Senior Citizen:

- Ask them to tell you a story.
- Play a card game with them.
- Mail them a picture or letter.
- Look at old photos together.

## 8/31 *Eat Outside Day*



Enjoy your meals outside in sunshine and fresh air. You will be glad you did!