

FREE
for ALL
Students

AUGUST 2026 Elementary Lunch



WHAT DO YOU
CALL A DINOSAUR
THAT EATS ITS
VEGGIES?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Mozzarella Crunchers 🌿	WELCOME BACK CUSD! 	18 Pasta 🧀 with Meatballs 🍴	19 Pepperoni Personal Pan Pizza* <i>*no nitrates or nitrates added</i>	20 Barbecue Mary's Chicken Drumstick w/ Roll 🍴	21 Crispy Chicken Tenders w/ Cornbread Poppers
Cheese Personal Pan Pizza 🌿	24 GF Chicken Taquitos	25 Crispy Chicken Drumstick w/ Waffles	26 Chicken Tender Parmesan w/ Shells 🍴	27 Hamburger 🍔 Lettuce & Tomato Cup (side)	28 GF Chicken Teriyaki w/ Brown Rice 🍴
Kickin' Nuggets w/ Roll 🍴	31 Bean & Cheese Burrito 🌿	Meal includes entree, fruit, veggies, & milk! Fruits & Veggies May Include: Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Nectarine, Organic Apple Slices, Organic Fuji Apple, Persian Cucumber, Plum, Tater Tots, Yellow Corn  1% Milk* & Nonfat Milk* <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

📷 Follow Us! @capofood

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

FREE
for ALL
Students

AUGUST 2026 Elementary Breakfast



A
**BROCCOLI-
SAURUS!**



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



Vegetarian

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 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 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!