

FREE
for ALL
Students

AUGUST 2022 Elementary Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Vanilla
Yogurt w/ GF
Granola 🌿

**WELCOME BACK
CUSD!**

16
GF Chicken
Taquitos

17
Cheeseburger
Sliders

18
Crispy Chicken
Drumsticks
w/ Waffles

19
Spaghetti w/
Meatballs

Galaxy Cheese
Pizza 🌿

22
All American
Hamburger
All Beef

23
GF Make Your
Own Nachos

24
Crispy Chicken
Tenders w/
Cornbread
Poppers

25
Chicken &
Cheese
Flatbread
Sandwich

NEW

26
All Beef
Pretzel Dog

Loco
Burrito 🌿

29
Mozzarella
Crunchers 🌿

30
Island
Hoagie **S**
(Beef)

NEW

31
Kickin'
Nuggets w/
Roll 🌿

🌿 Vegetarian GF Gluten Free
✓ Vegan **P** Contains Pork
S Contains Sesame

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans **P**, Tater Tots, Broccoli, Celery.

1% Milk & Nonfat Chocolate Milk

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

✨ capistrano.healtheliving.net
📷 Follow Us! @capofood



Parents, WE'RE HIRING! Work while your kids are at school. Visit bit.ly/wefeedkids or call 949-234-9503

Meals are FREE for ALL CUSD Students this School Year!



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

WE LIKE TO MOVE IT, MOVE IT!

ROCK, PAPER, SCISSORS, TAG!

Start off by playing Rock, Paper, Scissors. Whoever wins the round becomes the tagger. The other player runs and if the tagger tags them, they're out.

FARM 2 SCHOOL: STONE FRUIT

Stone fruits get their name from the pit or "stone" in their center.

Stone fruit includes peaches, plums, nectarines, apricots, mangos, raspberries, lychee, cherries, and more.

California is the "stone fruit state." Over 80% of the nation's stone fruit is grown here!

Look for California stone fruit at school this August!



We are still experiencing supply chain issues. There may be unexpected changes to our monthly published menus or running short on your child's favorite menu item. We do our best to provide updates on our Instagram account [CapoFood](#).



PRACTICE YOUR PIN!

Every student has a 7 digit ID number they enter to receive their meal. Check Aeries! **HOMEWORK:** Practice memorizing your ID number at home!

NEW ITEMS

8/18: TURKEY SAUSAGE BISCUIT

Savory Sausage on a Whole Grain Biscuit.



8/31: CINNAMON GLAZED FRENCH TOAST STICKS

Tasty French Toast Sticks Glazed with Cinnamon.



8/25: CHICKEN & CHEESE FLATBREAD SANDWICH

Chicken deli meat and cheese on a whole grain flatbread.



8/30: ISLAND HOAGIE

Teriyaki beef dunkers inside a whole grain hoagie roll.

Picture Coming Soon. Follow CapoFood on Instagram for Debut!

menu info & more at
capistrano.healtheliving.net

AUGUST

8/15 *national Relaxation Day*

Hot Cocoa Breaths

- Pretend you're holding a lovely mug of hot cocoa with mini marshmallows.
- Breathe in slowly through your nose as you smell the delicious hot cocoa.
- Breathe out slowly through your mouth as you gently blow the mini marshmallows across the surface.

8/16 *Tell a Joke Day*

Knock Knock!
Who's there?
Noah!
Noah who?

LOL!

Noah more summer - it's time for school!

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.



8/24 *national Waffle Day*

Join us for breakfast and enjoy a scrumptious whole grain Vanilla Waffle at school!



Did You KNOW THAT...



Breakfast and Lunch are **FREE** for ALL Students this School Year!

FREE

ALL Elementary Sites Serve Breakfast During Morning Recess.

We are working to get certified by Eat REAL.



A vegetarian alternate option is available daily.

We offer plant based items like the Loco Burrito & Kickin' Nuggets.

