

FREE
for ALL
Students

DECEMBER 2024
Elementary Lunch

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿	2 Kickin' Sandwich ✓	3 Crispy Chicken Tenders w/ Cornbread Poppers	4 GF Chicken Taquitos* <i>*no antibiotics ever</i>	5 Cheeseburger Sliders	6 Penne w/ Meatballs
Cheese Croissant Sandwich 🌿	9 Macaroni & Cheese 🌿	10 Crispy Chicken Drumstick w/ Waffles	11 Crunchy Beef & Cheese Tacos <small>Lettuce, Cheese & Tomato Cup (side)</small>	12 Chicken Pretzel Dog* <i>*no nitrates or nitrites</i>	13 GF Teriyaki Chicken w/ Brown Rice 🍴
Cheese Pizza Wedge 🌿	16 Kickin' Nuggets w/ Roll ✓	17 Holiday Feast (Mary's Roasted Chicken Drumstick* 🍴 Mashed Potatoes w/ Gravy, Hawaiian Roll) <i>*no antibiotics ever</i>	18 GF Make Your Own Nachos	19 Cheese Pizza Wedge 🌿 1 ENTRÉE CHOICE	20 No school

Fruits, Veggies & Milk with Meal

🍌 **Fruits & Veggies May Include:** Grapes, Organic Banana, Organic & Local Cara Cara Orange, Local Asian Pear, Apple Slices, Apple, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Persian Cucumber, Jicama

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

🌿 Vegetarian ✓ Vegan GF Gluten Free 🍴 House-Made

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



FREE
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DECEMBER 2024
Elementary Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily	2 Blueberry Muffin 🍌	3 Sunrise Sandwich (P)	4 Maple Waffle 🍌	5 Chicken Slider on Hawaiian Roll 🐔	6 Mini Cinnis 🍌
	9 GF Vanilla Greek Yogurt w/ GF Granola 🍌	10 Chicken Sausage Pancake Sandwich	11 French Toast Sticks 🍌	12 Plain Bagel w/ Cream Cheese 🥯	13 Pancake Bites 🍌
	16 Blueberry Muffin 🍌	17 Sunrise Sandwich (P)	18 Maple Waffle 🍌	19 GF Honey Cheerios Cereal 🍌 1 ENTRÉE CHOICE	20 No school

Fruits & Milk with Meal

🍌 Vegetarian GF Gluten Free (P) Contains Pork 🥯 Freshly Baked

🍎 **Fruits May Include:** Grapes, Organic Banana, Organic & Local Cara Cara Orange, Local Asian Pear, Apple Slices, Apple

🥛 **1% Milk* & Nonfat Chocolate Milk***
**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!

FARM 2 SCHOOL: ORGANIC & LOCAL CARA CARA ORANGES



The cara cara is a true **winter gem**, known for their sweet flavor, low acidity, and pink-red flesh.

They are also nicknamed "power oranges" because they have even more **vitamin C** than regular oranges.

Cara Caras also have lots of **fiber**, which is good for digestion and helps lower cholesterol.

Our cara cara oranges are from **Da Silva Farms in Temecula!** That is only 48 miles from CUSD or about an hour's drive in the car.

Buying local, seasonal produce means enjoying food at its peak **flavor**, supporting local **farmers**, and making a positive impact on the **environment**.

SNOWFLAKE POSE

Stand tall with your legs hip-width apart, feet facing forward. Straighten your arms out alongside your body. Pretend to be a snowflake drifting down from the sky. Close your eyes and take a few deep, calming breaths. Stick out your tongue and pretend to catch snowflakes on your tongue!



FARM 2 SCHOOL: CHICKEN DRUMSTICK FROM MARY'S CHICKEN

Introducing a special chicken drumstick on the menu 12/17 that is:

- Air-chilled
- No antibiotics ever
- No preservatives or added hormones
- Fed an ABF vegetarian diet
- Animal welfare GAP rated
- Certified Humane

Mary's Free-Range Chickens are produced by a family owned business that has been raising poultry in California for three generations!

VIRTUAL FARM VISIT!



December Fruit & Veggies



Apples & Apple Slices

Contain fiber which is good for your gut and heart.



Grapes

Contain Vitamin K which is essential for blood clotting.



Organic Banana

Contain potassium which keeps our heart healthy.



Locally Grown Asian Pear

Contain fiber which is good for your gut and heart.



Locally Grown & Organic Cara Cara Orange

Contain Vitamin C which boosts our immune system.



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.



Locally Grown Persian Cucumber

They're 95% water and stay very cool on the inside, which is where the expression "cool as a cucumber" comes from.


DECEMBER

12/1

National Eat a Red Apple Day 

Crunch on a red apple today! Apples are a good source of fiber and antioxidants.

12/7

National Letter Writing Day 

Write a hand-written letter and send it to someone special! Tell them a story, thank them for something they did, or let them know why they are special to you.

12/13

National Cocoa Day 

Enjoy a hot cocoa at home with someone special! Ask an adult for help preparing hot cocoa at home.

12/27

Make Cut-Out Snowflakes Day 

Grab paper and scissors. Get creative and make a paper snowflake that will last all winter long! Give your snowflake to someone special or hang it in a window.