

**FREE**  
for ALL  
Students



**DECEMBER 2024**  
**Hankey TK-8 Lunch**

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza Cheese  or Pepperoni  Pizza (middle school only)	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 Cheese  or Pepperoni  Pizza (middle school only)	9 Macaroni & Cheese	10 Crispy Chicken Drumstick w/ Waffles	11 Crunchy Beef & Cheese Tacos Lettuce, Cheese & Tomato Cup (side)	12 Chicken Pretzel Dog* <i>*no nitrates or nitrites</i>	13 GF Teriyaki Chicken w/ Brown Rice
Cheese Pizza Wedge Cheese  or Pepperoni  Pizza (middle school only)	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 <b>1 ENTRÉE CHOICE</b>	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 Contains Pork

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



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# DECEMBER 2024 Hankey TK-8 Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Offered Daily</b>	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 🍌 <b>1 ENTRÉE CHOICE</b>	20 No School

**Fruits & Milk with Meal**

🍎 **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*

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

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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.

12/17



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.