

**FREE**  
for ALL  
Students

**DECEMBER 2024**  
Journey 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 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 🌿	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

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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 Journey Breakfast

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🌿	2 Blueberry Muffin 🌿	3 Sunrise Sandwich (P)	4 Maple Waffle 🌿	5 Chicken Slider on Hawaiian Roll 🐔	6 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	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 🌿
GF Honey Cheerios Cereal 🌿	16 Blueberry Muffin 🌿	17 Sunrise Sandwich (P)	18 Maple Waffle 🌿	19 GF Honey Cheerios Cereal 🌿	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

**1 ENTRÉE CHOICE**

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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.