



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

Negetarian ✓ Vegan GF Gluten Free PHouse-Made

Tollow Us! @capofood *capistrano.healtheliving.net

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







	Monday	Tuesday	Wednesday	Thursday	Friday	
Offered Daily 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	Plain Bagel (2) w/ Cream Cheese	Pancake Bites	
GF Honey Cheerios Cereal	16 Blueberry Muffin	17 Sunrise Sandwich (P	18 Maple Waffle	19 GF Honey Cheerios Cereal 1 ENTRÉE CHOICE	10 School	
Vegetarian GF Gluten Free P Contains Pork Freshly Baked						

Fruits & Milk with Meal

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Contains Pork



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FARM 2 SCHOOL: ORGANIC & LOCAL CARA CARA ORANGES



The cara cara is a true winter **gem**, known for their sweet

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**.

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

SNOWFLAKE POSE

Stand tall with your leas hipwidth 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

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!



They are also nicknamed "power oranges" because that

on your tongue!



Contain fiber which is good for your gut and heart.



Contain Vitamin K which is essential for blood clotting.

Grapes

Organic Banana

Contain potassium which keeps our heart healthy.



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

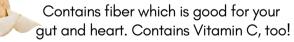
Also known as soybeans and are higher in protein than most vegetables.

Broccoli



A good source of calcium. It has as much calcium per gram as milk!

Jicama



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

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.