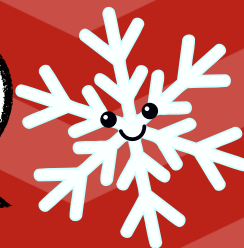


FREE
for ALL
Students



DECEMBER 2025
Capistrano Virtual 6-8 Lunch

WHAT'S THE
BEST CEREAL
TO EAT IN
WINTER?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza Wedge 🌿	1	2 Chicken Dumplings w/ Teriyaki S	3 GF Make Your Own Nachos	4 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side) 🌿🐔🐷	5
Bean & Cheese Burrito 🌿	8	9 Crispy Chicken Filet Sandwich on Brioche Bun 🐔	10 GF Chicken Taquitos* <i>*no antibiotics ever</i>	11 Pepperoni Pizza Wedge P	12
Galaxy Cheese Pizza 🌿	15	16 Crispy Chicken Tenders w/ Cornbread Poppers	17 Holiday Feast (Roasted Mary's Chicken Drumstick w/ Roll) 🐔🐷 <i>*no antibiotics ever</i> Roasted Potatoes (side) 🥔	18 Galaxy Cheese Pizza 🌿 1 ENTRÉE CHOICE	19 No School

Fruits, Veggies & Milk with Meal

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



1% Milk* & Nonfat Milk*

**made from cows not treated with rBST*



Vegetarian



Vegan

GF Gluten Free



Contains Pork



Contains Sesame



Grass-fed Beef, Regenerative Ranch



One Health Cert.



Locally Made



House Made



Freshly Baked



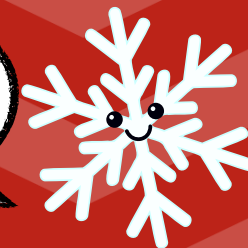
📷 Follow Us! @capofood
✨ capistrano.healtheliving.net

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

FREE
for ALL
Students

DECEMBER 2025
Capistrano Virtual 6-8 Breakfast

**FROSTED
FLAKES.**



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🌿	1	2 Blueberry Muffin 🌿	3 Maple Waffle 🌿	4 Plain Bagel w/ Cream Cheese 🌿 ☁️	5
GF Cinnamon Chex Cereal 🌿	8	9 Chicken Sausage Pancake Sandwich	10 French Toast Sticks 🌿	11 Blueberry Bagel w/ Cream Cheese 🌿 ☁️	12
GF Honey Cheerios Cereal 🌿	15	16 Sunrise Sandwich (P)	17 Maple Waffle 🌿	18 GF Honey Cheerios Cereal 🌿 1 ENTRÉE CHOICE	19 No school

Fruits & Milk with Meal

🍏 **Fruits May Include:** Apple Slices, Applesauce, Asian Pear, Cinnamon Apple Crisps, Grapes, Organic Banana, Organic Fuji Apple

🥛 **1% Milk* & Nonfat Milk***

**made from cows not treated with rBST*

🌿 **Vegetarian**

☁️ **Freshly Baked**

GF Gluten Free

(P) **Contains Pork**



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

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



FARM 2 SCHOOL: ORGANIC 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**.

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

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 a 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 Fruits & Veggies



Apple Slices & Organic Fuji Apple

Contain fiber which is good for your gut and heart.



Organic Banana

Contain potassium which keeps our heart healthy.



Grapes

Contain Vitamin K which is essential for blood clotting.



Asian Pear

Contain fiber which is good for your gut and heart.



Locally Grown Organic Cara Cara Oranges

Contain Vitamin C which boosts our immune system.

Broccoli

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



Carrots

Contain Vitamin A to keep your eyes healthy.



Edamame

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



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 Cucumbers

95% water and stay very cool on the inside, which is where "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.