FREE for ALL Students

DECEMBER 2026 Combo TK-8 Lunch

WHO WERE FROSTY'S PARENTS?

SERVING: Carl Hankey TK-8 • Harold Ambuehl Elementary • South County Virtual Academy Middle School

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Kickin' Nuggets w/ Roll		1 Chicken Dumplings w/ Teriyaki (S)	2 GF Make Your Own Nachos	3 Chicken Pretzel Dog* *no nitrates or nitrites added	4 Bolognese Spaghetti
Cheese Personal Pan Pizza	7 Macaroni & Cheese	8 Crispy Chicken Filet Sandwich on Brioche Bun	9 Hamburger Sliders	10 Make Your Own Chicken Soft Tacos* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	11 Mandarin Orange Chicken w/ Chow Mein
Mozzarella Crunchers	14 Kickin' Sandwich (S)	15 Crispy Chicken Tenders w/ Cornbread Poppers	16 Holiday Feast Roasted Mary's Chicken Drumstick w/ Roll	17 Mozzarella Crunchers 1 ENTRÉE CHOICE	18 No School

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Asian Pear, Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Organic Apple Slices, Organic Banana, Organic Gala Apple, Organic Page Mandarins, Organic Satsuma Mandarins, Persian Cucumber, Tater Tots, Yellow Corn

1% Milk* & Nonfat Milk*

*made from cows not treated with rBST

Vegetarian
Vegan
GF Gluten Free
(S) Contains Sesame
House Made
Freshly Baked

CAPO CUISINE

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

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FREE for ALL Students

DECEMBER 2026 Combo TK-8 Breakfast

MOM AND POP-SICLE.

SERVING: Carl Hankey TK-8 • Harold Ambuehl Elementary • South County Virtual Academy Middle School

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal		1 Blueberry Muffin	2 French Toast Sticks	3 Plain Bagel w/ Cream Cheese	4 Mini Cinnis
GF Cinnamon Chex Cereal	7 GF Vanilla Greek Yogurt w/ GF Cinnamon Granola	8 Chicken Sausage Pancake Sandwich	9 Blueberry Bagel w/ Cream Cheese	10 Chocolate Croissant	11 Pancake Bites
GF Honey Cheerios Cereal	14 Blueberry Muffin	15 Sunrise Sandwich (P)	16 French Toast Sticks	17 GF Honey Cheerios Cereal 1 ENTRÉE CHOICE	18 No school

Fruits & Milk with Meal

Fruits May Include: Applesauce, Asian Pear, Grapes, Organic Apple Slices, Organic Gala Apple, Organic Banana, Organic Page Mandarins, Organic Satsuma Mandarins, Strawberry Apple Crisps

1% Milk* & Nonfat Milk*

*made from cows not treated with rBST

Vegetarian
Freshly Baked
GF Gluten Free
(P) Contains Pork

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CAPO CRUNCH

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

FARM 2 SCHOOL: ORGANIC PAGE MANDARINS



Page mandarins are a delicious winter fruit, only available for a short time in the winter and early spring.

Did you know that their bright color comes from **vitamin A,** which is good for your eyes and skin?

Page mandarins also have **fiber,** which is good for digestion and helps lower cholesterol.

We are proud to partner with Dickinson Family Farms In Fallbrook to serve Page mandarins grown within 150 miles of CUSD.

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: ASIAN PEARS

Say hello to a different kind of pear!

Asian pears were grown in China and Japan for thousands of years. Chinese and Japanese immigrants brought the Asian pear to California in the 1850s during the Gold Rush.

Asian pears are more round-shaped than other pears. That's why they're also called apple pears! These pears are crisp, juicy, and sweet.



Asian pears have lots of fiber to keep your gut healthy and vitamin C to help your immune system. Try one at school this winter!

December Fruits & Veggies



Organic Apple Slices & Organic Gala 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 Page Mandarins
Contain Vitamin C which boosts our immune system.

Broccoli
A good source of calcium, which helps build strong bones & teeth.



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.