

CUSD Food & Nutrition Services

Servicios de Alimentación y Nutrición del CUSD

- Breakfast and lunch are available to **ALL** students at CUSD for **FREE**.

*El desayuno y el almuerzo están disponibles **GRATIS** para **TODOS** los estudiantes de CUSD.*

- Meals follow regulations from the **Healthy Hunger Free Kids Act** and include whole grains, protein, fruits, veggies, and milk.

*Las comidas siguen las regulaciones de la **Ley de Niños Saludables y Sin Hambre** e incluyen cereales integrales, proteínas, frutas, verduras y leche.*



FREE
for ALL
Students

JANUARY 2025
Elementary Lunch

HOW DOES
RICE SAY
GOOD BYE?

Offered Daily	6	7	8	9	10
Bean & Cheese Burrito 🌱	Mozzarella Crunchers 🌱	Crispy Chicken Filet 🌱 Sandwich on Brioche Bun	GF Chicken Tamale* <small>*no antibiotics ever</small>	Pepperoni Pizza Wedge 🌱	GF Teriyaki Chicken w/ Brown Rice 🌱
Galaxy Cheese Pizza 🌱	Kickin' Sandwich ✓	Chicken Tenders w/ Cornbread Poppers	GF Chicken Taquitos	Cheeseburger Sliders	Spaghetti w/ Meatballs 🍴
Cheese Croissant Sandwich	NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	Crispy Chicken Drumstick w/ Waffles	Chicken Double Dog* <small>*no nitrates or nitrites</small>	Crunchy Beef & Cheese Tacos <small>Lettuce, Cheese & Tomato Cup (side)</small>	Mandarin Orange Chicken w/ Chow Mein
Cheese Pizza Wedge 🌱	Kickin' Nuggets w/ Roll ✓	GF Make Your Own Nachos	Make Your Own Steamed Bun w/ Teriyaki Chicken <small>Fortune Cookie (side)</small>	Hamburger on Potato Brioche Bun 🌱 <small>Lettuce & Tomato Cup (side)</small>	Bolognese Spaghetti 🍴

Meal Includes Entree, Fruits, Veggies & Milk!

Fruits & Veggies May Include: Apple Slices, Organic and Local Cara Cara Orange, Organic Bananas, Asian Pear, Granny Smith Apples, Local Dates, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Local Persian Cucumber

1% Milk* & Nonfat Chocolate Milk*
*made from cows not treated with rBST

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

Vegetarian 🌱
Gluten Free 🌾
Vegan 🌱

🍖 **Contains Pork**
🌱 **One Health Cert.**
🍳 **Locally Baked**

🏠 **House-Made**
🌱 **Grass-fed Beef, Regenerative Ranch**

📱 Follow Us! @capofood
capistrano.healthliving.net

Eat Real Certified

Certificado Eat Real

CUSD is **Eat Real** certified. Awarded to districts for promoting healthy food practices focusing on fresh, minimally processed, and locally sourced food.

*CUSD tiene la certificación **Eat Real**. Otorgado a distritos por promover prácticas alimentarias saludables centrándose en productos frescos, comidas mínimamente procesadas y de origen local.*

Organic and locally grown magenta dragon fruit!

¡Fruta del dragón magenta orgánica y cultivada localmente!



CUSD is the **FIRST** district in southern CA to receive certification!
¡CUSD es el **PRIMER** distrito en el sur de CA en recibir la certificación!



Education Benefit Form

Formulario de Beneficios Educativos

- Submit an **Education Benefit Form** to see if your family qualifies for benefits.

Envíe un formulario de beneficios educativos para ver si su familia califica para recibir beneficios.

- Submit yearly starting in August.

Enviar anualmente a partir de agosto.

- Questions? ¿Preguntas? **949-234-9509.**



MAKE A DIFFERENCE FOR YOUR FAMILY & YOUR SCHOOL!

THE EDUCATION BENEFIT FORM:

BENEFITS YOUR FAMILY



- Free Chromebook coverage
- Discounted bus passes
- Discounted before & after school enrichment programs
- Discounts and fee waivers for college applications and admission tests
- Discounts and fee waivers for Advanced Placement (AP) tests
- Discounts on internet, electric, gas, and cell phone services

BENEFITS YOUR SCHOOL



- Provide increased funding through the Local Control Funding Formula
- Fund support staff
- Fund computers & technology
- Fund career tech programs
- Discounted internet costs to district
- Provide grants to improve school meal quality



APPLY TODAY!

Complete an Education Benefit Form **EVERY** School Year for Continued Benefits!

- ✓ Fill out one form per family
- ✓ Have your student's 7 digit ID #
- ✓ Apply online for 24 hour turnaround schoolcafe.com/CAPOUSD
- ✓ Paper forms available upon request & process in 10 business days



FAQ / Preguntas Frecuentes

● My student has a food allergy - what do I do? *Mi estudiante tiene alergia alimentaria: ¿qué hago?*

- Submit a Medical Statement to Request Special Meals. Must be signed by physician, physician assistant or nurse practitioner. Available at capistrano.healtheliving.net ****Notes in Aeries are not used by Food & Nutrition****
- *Presentar una Declaración Médica para Solicitar Comidas Especiales. Debe estar firmado por un médico, asistente médico o enfermera especializada. Disponible en capistrano.healtheliving.net ****Los Servicios de Alimentos y Nutrición no utilizan alertas médicas o notas especiales en Aeries con respecto a las alergias alimentarias*****

● We are a vegetarian family - what do I do? *Somos una familia vegetariana, ¿qué hago?*

- Vegetarian options are available daily and are indicated on the menu. 🍃
- *Las opciones vegetarianas están disponibles todos los días y están indicadas en el menú.* 🍃

● Our family does not eat pork - what do I do? *Nuestra familia no come cerdo, ¿qué hago?*

- Few items contain pork and are indicated on the menu. (P)
- *Pocos artículos contienen carne de cerdo y están indicados en el menú.* (P)

Food & Nutrition Services

Contact Information:

☎ **949-234-9509**

➤ **Capistrano.healtheliving.net**

📷 **CapoFood**

