

CUSD Food & Nutrition Services

- Breakfast and lunch are available to **ALL** students at CUSD for **FREE**.
- Meals follow regulations from the **Healthy Hunger Free Kids Act** and include whole grains, protein, fruits, veggies, and milk.



FREE
for ALL
Students

JANUARY 2026
Elementary Lunch

WHY DID THE
ORANGE STOP
ROLLING DOWN
THE HILL?

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily	5	6	7	8	9
Cheese Quesadilla <small>(Contains Coconut Oil)</small>	Macaroni & Cheese	Crispy Chicken Drumstick w/ Waffles	Crunchy Beef & Cheese Tacos <small>Lettuce, Tomato & Cheese Cup (side)</small>	Chicken Pretzel Dog* <small>*No artificial colors or flavors added</small>	GF Teriyaki Chicken w/ Brown Rice
Cheese Pizza Wedge	Kickin' Nuggets w/ Roll	Chicken Dumplings w/ Teriyaki	GF Make Your Own Nachos	Cheeseburger on Potato Brioche Bun w/ Organic Cheddar <small>Lettuce & Tomato Cup (side)</small>	Bolognese Spaghetti
Bean & Cheese Burrito	19 NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	20 Crispy Chicken Filet Sandwich on Brioche Bun	21 GF Chicken Taquitos* <small>*No antibiotics ever</small>	22 Pepperoni Pizza Wedge	23 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza	26 Kickin' Sandwich	27 Crispy Chicken Tenders w/ Cornbread Poppers	28 Make Your Own Chicken Soft Tacos* <small>*No artificial colors Lettuce, Tomato, & Cheese Cup (side)</small>	29 Hamburger Sliders	30 Trombe Pasta w/ Meatballs

Meal Includes Entree, Fruits, Veggies & Milk!

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

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

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

Vegetarian (Green checkmark icon)

Vegan (Green checkmark icon)

GF Gluten Free (Green checkmark icon)

Contains Pork (Pork icon)

Contains Sesame (Sesame icon)

Grass-fed Beef, Regenerative Ranch (Beef icon)

One Health Cert. (Checkmark icon)

Locally Made (Checkmark icon)

House Made (Checkmark icon)

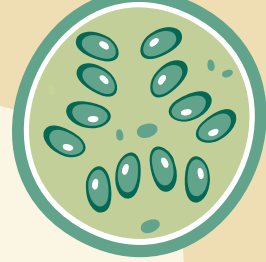
Freshly Baked (Checkmark icon)

Follow Us! @capofood [@capofood](https://www.instagram.com/capofood)

[capistrano.healthliving.net](https://www.capistrano.healthliving.net)

Eat Real Certified

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



CUSD is the FIRST district in southern CA to receive certification!

LOCAL FOODS AT CAPISTRANO USD

Rumiano's Cheese Co
Organic Cheese

Wild River Fruit
Organic Fuyu Persimmons

Richards Ranch
Regenerative Grass-Fed Beef

Contra Costa County:
Dos Pisanos
Artisan Bread & Bagels
Frog Hollow Farm
Organic Apricots & Cherries

Stockton, CA
Sliced Apples

Merced, CA
Jicama Sticks

Madera, CA
Kiwi

Salinas, CA
Broccoli
Foxy Fresh Farms
Organic Strawberries

HMC Farms
Grapes

Kern County:
Tangelos, Sumo Citrus, Organic Red Butter Lettuce, Celery Sticks, Carrot Sticks

Pitman Farms
Mary's Air-Chilled Chicken

Grimmway Farms
Baby Carrots

Terra Bella Farms
Persian Cucumbers

Santa Barbara County:
Lettuce, Organic Strawberries, Organic Green Butter Lettuce, Organic Carrots

Cuyama Orchards
Organic Arkansas Black & Sweetie Apples

Oxnard, CA
Celery Sticks

San Bernardino County:
Old Grove Orange
Fuyu Persimmons

San Diego County:
Dickinson Family Farms (includes Farms in Bonsall, Borrego Springs, Escondido, Fallbrook, Pajama Valley, Rainbow, San Marcos), Hollandia Dairy, Sadie Rose Baking Co.

Riverside County:
Aziz Farms
Medjool Dates
Dickinson Family Farms (includes Farms in Temecula)
Organic Cara Cara Oranges, Organic Tango Mandarins

Organic and locally grown magenta dragon fruit!



Education Benefit Form

- Submit an **Education Benefit Form** to see if your family qualifies for benefits.
- Submit yearly starting in August.
- Questions? **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



Frequently Asked Questions

- **My student has a food allergy - what do I do?**
 - Submit a Medical Statement to Request Special Meals. Must be signed by physician, physician assistant, nurse practitioner, or registered dietitian. Available at capistrano.healtheliving.net ****Notes in Aeries are NOT used by Food & Nutrition****
- **We are a vegetarian family - what do I do?**
 - Vegetarian options are available daily and are indicated on the menu. 🌿
- **Our family does not eat pork - what do I do?**
 - Few items contain pork and are indicated on the menu. (P)



Food & Nutrition Services

Contact Information:

☎ **949-234-9509**

➔ **Capistrano.healtheliving.net**

📷 **CapoFood**

