

FREE
for ALL
Students



FEBRUARY 2024

Capistrano Virtual Breakfast

WHAT IS A
PRETZEL'S
FAVORITE
DANCE?



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🍃		Meal Includes Entree, Fruits & Milk! 🍏🍏 Fruits May Include: Apple, Pear, Orange, Banana, Applesauce, Seasonal Fruit 🥛 1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>			1 Wild Blueberry Waffle 🍃	2 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃		5 Mini Apple Breakfast Bites 🍃	6 Maple Waffle 🍃	7 Oatmeal Chocolate Chip Bar 🍃	8 Wild Blueberry Waffle 🍃	9 Mini Cinnis 🍃
GF Honey Cheerios Cereal 🍃		12 Mini Apple Breakfast Bites 🍃	13 Maple Waffle 🍃	14 Oatmeal Chocolate Chip Bar 🍃	15 Wild Blueberry Waffle 🍃	16 NO SCHOOL Lincoln Day
GF Cinnamon Rice Chex Cereal 🍃		19 NO SCHOOL Washington Day	20 Maple Waffle 🍃	21 Oatmeal Chocolate Chip Bar 🍃	22 Wild Blueberry Waffle 🍃	23 Mini Cinnis 🍃
GF Honey Cheerios Cereal 🍃		26 Mini Apple Breakfast Bites 🍃	27 Maple Waffle 🍃	28 Oatmeal Chocolate Chip Bar 🍃	29 Wild Blueberry Waffle 🍃	GF Gluten Free 🍃 Vegetarian Ⓟ Contains Pork

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



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FEBRUARY 2024

Capistrano Virtual Lunch

THE TWIST!



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿		Meal Includes Entree, Fruits, Veggies & Milk! 🥦 Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Salad. 🥛 1% Milk* & Nonfat Chocolate Milk* <small>*made from cows not treated with rBST</small>			1 Loaded Cheeseburger Sliders	2 Mandarin Orange Chicken w/ Fried Rice S
Bean & Cheese Burrito 🌿		5 Mozzarella Crunchers 🌿	6 Pasta with Meatballs	7 Chicken Salad w/ Crispy Noodles & Asian Sesame Dressing S NEW	8 Crispy Chicken Filet Sandwich* <small>*no antibiotics ever</small>	9 Chicken Dumplings w/ Teriyaki Sauce S NEW Fortune Cookie
Sun Butter & Strawberry Jelly Sandwich ✓ STRAWBERRY MILK Available All Week!		12 Macaroni & Cheese 🌿	13 Cheese Pizza Sliders NEW	14 Heart Chicken Nuggets w/ Heart Cinnamon Graham Crackers NEW	15 Chicken Double Dogs* <small>*no nitrites or nitrates</small>	16 NO SCHOOL Lincoln Day
NEW Cheesy Pull Apart Bread 🌿		19 NO SCHOOL Washington Day	20 GF Chicken Taquitos	21 Chicken Tenders* w/ Cornbread Poppers <small>*no antibiotics ever</small>	22 Cheeseburger on Potato Brioche Bun Side of Lettuce & Tomato (optional)	23 GF Teriyaki Chicken w/ Brown Rice
Galaxy Cheese Pizza 🌿		26 Kickin' Nuggets w/ Roll ✓	27 GF Make Your Own Nachos	28 Crispy Chicken Drumstick* w/ Waffles <small>*no antibiotics ever</small>	29 Chicken Pretzel Dog* <small>*no nitrites or nitrates</small>	GF Gluten Free 🌿 Vegetarian ✓ Vegan (P) Contains Pork Locally Baked (Sadie Rose Baking Co.) S Contains Sesame

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FARM 2 SCHOOL: CARA CARA ORANGE

Sometimes called **pink** navel oranges.

Get their name from Hacienda Cara Cara where they were discovered in **Venezuela** in 1976.

Nicknamed "power oranges" because they have even more **Vitamin C** than a regular orange!



STRAWBERRY MILK

Strawberry milk will be available as a milk option at lunch February 12-15!



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

LUNAR NEW YEAR

2024

Lunar New Year is celebrated all over the world by over 2 billion people! It marks the first new moon of the lunar calendar. Ancestors are honored and traditional ceremonies are held where people gather to welcome the new year with customs that bring good luck, good fortune, wealth, prosperity and happiness.

People may celebrate Lunar New Year with foods such as:

- Fish: a symbol of good luck, wealth and healthy life.
- Dumplings: little round rice flour balls often filled with vegetables.
- Mandarin oranges, dried fruit and sweets: seen as lucky food.
- Candy boxes and little round shaped biscuits: symbolizing gold or fortune.

New!

2/2 MANDARIN ORANGE CHICKEN W/ FRIED RICE

Crispy chicken glazed with zesty Mandarin orange sauce served with brown veggie fried rice with peas, carrots, corn and soy sauce.

2/7 CHICKEN SALAD W/ CRISPY NOODLES & ASIAN DRESSING

Fresh romaine, cucumber, tomatoes, chicken, whole grain crunchy noodles and Asian sesame dressing.

2/8 CHICKEN EGG ROLL

Hong Kong style roll with chicken, cabbage, carrots and celery made with whole grain pastry.



2/9 CHICKEN DUMPLINGS W/ TERIYAKI SAUCE

Dumplings made with chicken, cabbage, carrot, green onion served with teriyaki sauce.



2/14 MINI BAGELS W/ CINNAMON CREAM CHEESE

Whole grain bagels with cinnamon cream cheese.



2/14 HEART CHICKEN NUGGETS W/ HEART CINNAMON GRAHAM CRACKERS

Heart shaped everything to celebrate Valentine's Day!

WEEK OF 2/19 CHEESY PULL APART BREAD

Whole grain pull apart bread with mozzarella, parmesan and garlic.



2/21 /TURKEY BACON & CHEESE QUESADILLA

Whole wheat tortilla, mozzarella, cheddar & turkey bacon.

2/13 CHEESE PIZZA SLIDERS

2 personal cheese pizza sliders! Made with whole grain crust, mozzarella and tomato pizza sauce.

FEBRUARY

2/2

Groundhog Day



Punxsutawney Phil is North America's most famous weather predictor! Phil is a groundhog in Pennsylvania who makes a weather prediction on February 2. If it's sunny and he sees his shadow, it's said we'll see six more weeks of winter. If it's cloudy and he doesn't see his shadow, it's said to mean an early spring.

2/4

Thank a Mail Carrier Day



This day reminds us to appreciate mail carriers who ensure mail gets delivered 6 days a week 52 weeks a year. That is a lot of mail!

2/9

National Pizza Day

Did you know 350 slices of pizza are eaten every second in the United States? Did you know "Hawaiian Pizza" made with pineapple was invented in Canada?