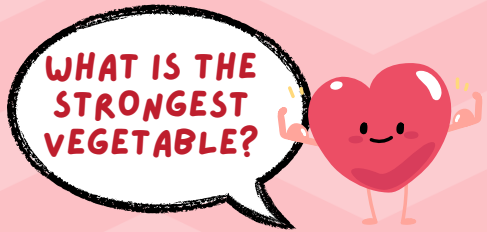


**FREE**  
for ALL  
Students

**FEBRUARY 2025**  
**Hankey TK-8 Lunch**



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bean &amp; Cheese Burrito</b> Cheese  or Pepperoni Pizza (middle school only)	3 <b>Mozzarella Crunchers</b>	4 <b>Crispy Chicken Filet</b> Sandwich on Brioche Bun	5 <b>GF Chicken Tamale</b>	6 <b>Pepperoni Pizza Wedge</b>	7 <b>Mandarin Orange Chicken w/ Chow Mein</b>
<b>Galaxy Cheese Pizza</b> Cheese  or Pepperoni Pizza (middle school only) STRAWBERRY MILK Available All Week!	10 <b>Kickin' Sandwich</b>	11 <b>Crispy Chicken Tenders w/ Cornbread Poppers</b>	12 <b>GF Chicken Taquitos*</b> <i>*no antibiotics ever</i>	13 <b>Cheeseburger Sliders</b>	14 <b>NO SCHOOL</b> <i>Lincoln Day</i>
<b>Cheese Croissant Sandwich</b> Cheese  or Pepperoni Pizza (middle school only)	17 <b>NO SCHOOL</b> <i>Washington Day</i>	18 <b>Crispy Chicken Drumstick w/ Waffles</b>	19 <b>Chicken Pretzel Dog*</b> <i>*no nitrites or nitrates</i>	20 <b>Crunchy Beef &amp; Cheese Tacos</b> Lettuce, Cheese & Tomato Cup (side)	21 <b>GF Teriyaki Chicken w/ Brown Rice</b>
<b>Cheese Pizza Wedge</b> Cheese  or Pepperoni Pizza (middle school only)	24 <b>Kickin' Nuggets w/ Roll</b>	25 <b>Chicken Dumplings</b> w/ Teriyaki Sauce	26 <b>GF Make Your Own Nachos</b>	27 <b>Hamburger on Potato Brioche Bun</b> Lettuce & Tomato Cup (side)	28 <b>Bolognese Spaghetti</b>

**Meal Includes Entree, Fruits, Veggies & Milk!**

**Fruits & Veggies May Include:** Apple Slices, Organic and Local Cara Cara Orange, Organic Banana, Pear, Organic Pink Lady Apples, Local & Organic Grapefruit, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Local Persian Cucumber

Vegetarian  
 GF Gluten Free  
 Vegan

Contains Pork  
 One Health Cert.  
 Locally Baked

House-Made  
 Grass-fed Beef, Regenerative Ranch

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

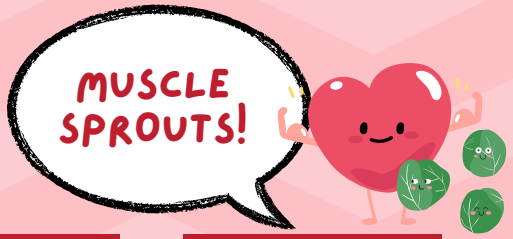
Follow Us! @capofood  
 capistrano.healtheliving.net



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

**FREE**  
for ALL  
Students


**FEBRUARY 2025**  
**Hankey TK-8 Breakfast**



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal 🌿	3 GF Vanilla Greek Yogurt w/ GF Granola 🌿	4 Chicken Sausage Pancake Sandwich	5 French Toast Sticks 🌿	6 Plain Bagel w/ Cream Cheese 🌿	7 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	10 Blueberry Muffin 🌿	11 Sunrise Sandwich (P)	12 Maple Waffle 🌿	13 Plain Bagel w/ Cream Cheese 🌿	14 <b>NO SCHOOL</b> <i>Lincoln Day</i>
GF Cinnamon Rice Chex Cereal 🌿	17 <b>NO SCHOOL</b> <i>Washington Day</i>	18 Chicken Sausage Pancake Sandwich	19 French Toast Sticks 🌿	20 Plain Bagel w/ Cream Cheese 🌿	21 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	24 Blueberry Muffin 🌿	25 Sunrise Sandwich (P)	26 Maple Waffle 🌿	27 Plain Bagel w/ Cream Cheese 🌿	28 Mini Cinnis 🌿

**Meal Includes Entree, Fruits & Milk!**

🌿 Vegetarian    (P) Contains Pork    GF Gluten Free

 **Fruits & Veggies May Include:** Apple Slices, Organic and Local Cara Cara Orange, Organic Banana, Pear, Organic Pink Lady Apples, Local & Organic Ruby Red Grapefruit, Applesauce, Apple Crisps

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

 **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.*





## FARM 2 SCHOOL: ORGANIC & LOCALLY GROWN GRAPEFRUIT

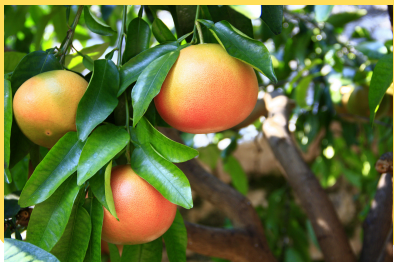
### Did you know?

Grapefruit got its name because it often grows on trees in clusters, like grapes!

Grapefruit's red color comes from **lycopene**, which helps prevent disease and keeps you healthy.

Grapefruit is also packed with **vitamin C**, which helps fight off colds.

Our grapefruit is grown locally in **Borrego Springs**.



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

## RED & PINK FOOD

How many red & pink fruits and veggies are on the menu this month?

Red and pink produce make your heart strong!

This is a great reminder to eat pink and red produce as we celebrate Valentine's Day with hearts and the colors pink and red!



## ORGANIC PINK LADY APPLES

Pink Lady apples are also known as **Cripps Pink** apples. They're crunchy, sweet, and tart.

One of the reasons Pink Ladies have such delicious flavor is that they **stay on the tree** longer than other apples (almost twice as long as Gala apples), getting sweeter and tastier each day.

Don't forget to eat the peel! It's where most of the **nutrients and fiber** are found.



## February Fruit & Veggies



### Organic Pink Lady Apples & Apple Slices

Contain fiber which is good for your gut and heart.



### Pear

Contains fiber which supports our digestive system.



### Organic Banana

Contain potassium which keeps our heart healthy.



### Locally Grown & Organic Cara Cara Orange

Contain Vitamin C which boosts our immune system.



### Locally Grown & Organic Grapefruit

Its red color comes from lycopene, which helps prevent disease and keeps us healthy. Also packed with vitamin C.



### Carrots

Contain Vitamin A which keeps eyes healthy.



### Edamame

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



### Broccoli

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



### 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 Cucumber

95% water and stay very cool on the inside, which is where the expression "cool as a cucumber" comes from.

## 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!

2/22

### National Cook a Sweet Potato Day



Sweet potatoes are SUPER foods! Did you know orange foods like sweet potatoes can help you see in the dark? That's because they have Vitamin A.