

**FREE**  
for ALL  
Students

# FEBRUARY 2026 Hankey TK-8 Lunch

WHAT KIND OF  
VEGETABLE  
SHOULDN'T BE  
PUT IN A VASE?

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Quesadilla (Contains Coconut Oil)	2 Macaroni & Cheese	3 Crispy Chicken Drumstick w/ Waffles	4 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	5 Chicken Double Dogs* <i>*no nitrates or nitrites added</i>	6 GF Teriyaki Chicken w/ Brown Rice
9 Cheese Pizza Wedge	9 Kickin' Nuggets w/ Roll	10 Chicken Gyoza <b>NEW</b>	11 GF Make Your Own Nachos	12 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	13 <b>NO SCHOOL</b> Lincoln Day
16 Bean & Cheese Burrito	16 <b>NO SCHOOL</b> Washington Day	17 Lucky Lunar Meatballs w/ Brown Rice + Broccoli <b>HAPPY LUNAR NEW YEAR</b>	18 GF Chicken Taquitos* <i>*no antibiotics ever</i>	19 Pepperoni Pizza Wedge	20 Mandarin Orange Chicken w/ Chow Mein
23 Galaxy Cheese Pizza	23 Kickin' Sandwich	24 Crispy Chicken Tenders w/ Cornbread Poppers	25 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	26 Hamburger Sliders	27 Trombe Pasta w/ Meatballs

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

**Fruits & Veggies May Include:** Apple Slices, Baby Carrots, Broccoli, Cara Cara Orange, Edamame, Jicama Sticks, Organic Banana, Organic Pink Lady Apple, Persian Cucumber, Radishes, Red Pear, Roasted Colorful Cauliflower, Tater Tots, Yellow Corn

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

Follow Us! @capofood  
 [capistrano.healtheliving.net](http://capistrano.healtheliving.net)

Vegetarian

Vegan

GF Gluten Free

Contains Pork

Contains Sesame

Grass-fed Beef, Regenerative Ranch

Locally Made

House Made

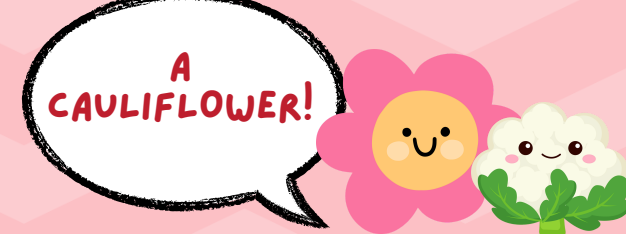
Freshly Baked



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

**FREE**  
for ALL  
Students

# FEBRUARY 2026 Hankey TK-8 Breakfast



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal 🌿	2 GF Vanilla Greek Yogurt w/ GF Granola 🌿	3 Chicken Sausage Pancake Sandwich	4 French Toast Sticks 🌿	5 Blueberry Bagel w/ Cream Cheese 🌿🍞	6 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	9 Blueberry Muffin 🌿	10 Sunrise Sandwich (P)	11 Maple Waffle 🌿	12 Plain Bagel w/ Cream Cheese 🌿🍞	13 <b>NO SCHOOL</b> <i>Lincoln Day</i>
GF Cinnamon Chex Cereal 🌿	16 <b>NO SCHOOL</b> <i>Washington Day</i>	17 Chicken Sausage Pancake Sandwich	18 French Toast Sticks 🌿	19 Blueberry Bagel w/ Cream Cheese 🌿🍞	20 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	23 Blueberry Muffin 🌿	24 Sunrise Sandwich (P)	25 Maple Waffle 🌿	26 Plain Bagel w/ Cream Cheese 🌿🍞	27 Mini Cinnis 🌿

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

**Fruits & Veggies May Include:** Applesauce, Apple Slices, Cara Cara Orange, Organic Banana, Organic Pink Lady Apple, Organic Red Rio Grapefruit, Red Pear, Strawberry Apple Crisps

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

🌿 Vegetarian    🍞 Freshly Baked  
GF Gluten Free    (P) Contains Pork

📷 Follow Us! @capofood  
✨ [capistrano.healtheliving.net](http://capistrano.healtheliving.net)

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



## HARVEST OF THE MONTH: CAULIFLOWER

### Did you know?

Cauliflower comes in more colors than just white! The different colors come from different nutrients.

**Purple:** Comes from **anthocyanins**, which help your brain and heart stay healthy.

**Orange:** Comes from **vitamin A**, which is good for your eyes. Orange cauliflower has 25% more vitamin A than white!

**Green:** Comes from **chlorophyll**, which helps plants with photosynthesis.

**Romanesco cauliflower** comes from Rome, Italy and is light green. It makes a fun shape called a **fractal**.

Try the **Roasted Colorful Cauliflower** at lunch and decide which color you like best!



*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!



## LUNAR NEW YEAR: FEBRUARY 17

To celebrate Lunar New Year, grab some **Lucky Lunar Meatballs with Brown Rice and Broccoli**. With **scratch-made General Tso's sauce**, it's a delicious way to ring in a new year.

At Lunar New Year, families eat special foods because they represent good wishes for the new year, like luck, happiness, and growing strong. Rice is considered a symbol of luck.

Be sure to grab a Cara Cara orange with your lunch – citrus fruits are a symbol of luck and prosperity!



## February Fruit & Veggies



### Organic Pink Lady Apples & Apple Slices

Contain fiber which is good for your gut and heart.



### Red Pear

Contains fiber which supports our digestive system.



### Organic Banana

Contain potassium which keeps our heart healthy.



### Locally Grown Cara Cara Orange

Contain Vitamin C which boosts our immune system.



### Locally Grown & Organic Red Rio 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!



### Roasted Colorful Cauliflower

Contain choline to help your brain and liver. Also a good source of fiber!



### Easter Egg Radishes

Have Vitamin C, potassium, and calcium – all working together to keep your heart healthy!

## 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.

2/17

### Lunar New Year



Marks the start of a new year on the lunar (moon) calendar. 2026 is the Year of the Horse. Families celebrate with big feasts, red envelopes with money, decorating with lanterns, and spending time together. It's like a fresh start full of happiness and luck.

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.