

**FREE**  
for ALL  
Students

**FEBRUARY 2026**  
Capistrano Virtual 6-8 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)	3 Crispy Chicken Drumstick w/ Waffles	4 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	5 Chicken Double Dogs* *no nitrites or nitrates added	6
	9 Cheese Pizza Wedge	10 Chicken Gyoza <small>NEW</small> <small>S</small>	11 GF Make Your Own Nachos	12 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	13 NO SCHOOL Lincoln Day
	16 Bean & Cheese Burrito NO SCHOOL Washington Day	17 Lucky Lunar Meatballs w/ Brown Rice + Broccoli	18 GF Chicken Taquitos* *no antibiotics ever	19 Pepperoni Pizza Wedge <small>P</small>	20
	23 Galaxy Cheese Pizza	24 Crispy Chicken Tenders w/ Cornbread Poppers	25 Make Your Own Chicken Soft Tacos* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	26 Hamburger Sliders	27

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

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

 Vegetarian

 Vegan

GF Gluten Free

 Contains Pork

 Contains Sesame

 Grass-fed Beef, Regenerative Ranch

 Locally Made

 House Made

 Freshly Baked



FREE  
for ALL  
Students

FEBRUARY 2026  
Capistrano Virtual 6-8 Breakfast

A  
CAULIFLOWER!



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

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  Contains Pork

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# CAPO CRUNCH

## 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!

# 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.

## 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.



Contains fiber which supports our digestive system.



Contain potassium which keeps our heart healthy.



Contain Vitamin C which boosts our immune system.



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!