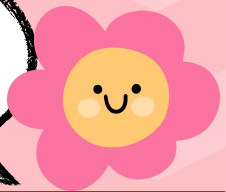


FREE
for ALL
Students



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
Cheese Quesadilla (Contains Coconut Oil)	2	3 Crispy Chicken Drumstick w/ Waffles	4 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	5 Chicken Double Dogs* <i>*no nitrites or nitrates added</i>	6
Cheese Pizza Wedge	9	10 Chicken Gyoza NEW	11 GF Make Your Own Nachos	12 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	13 NO SCHOOL Lincoln Day
Bean & Cheese Burrito	16 NO SCHOOL Washington Day	17 Lucky Lunar Meatballs w/ Brown Rice + Broccoli	18 GF Chicken Taquitos* <i>*no antibiotics ever</i>	19 Pepperoni Pizza Wedge	20
Galaxy Cheese Pizza	23	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

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

Vegetarian

Vegan

GF Gluten Free

Contains Pork

Contains Sesame

Grass-fed Beef, Regenerative Ranch

Locally Made

House Made

Freshly Baked

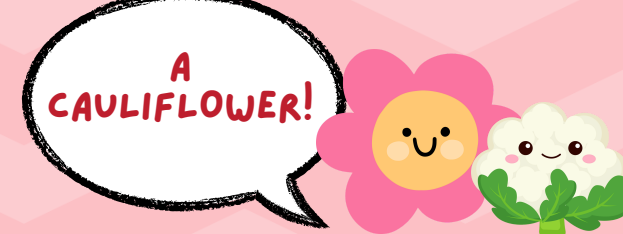


This institution is an equal opportunity provider. Menu is subject to change without notice.

FREE
for ALL
Students

FEBRUARY 2026


Capistrano Virtual 6-8 Breakfast



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

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



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.