

FREE
for ALL
Students



MAY & JUNE 2023
Hankey K-8 Lunch



Offered Daily

Galaxy Cheese Pizza <i>Middle School:</i> Pizza Hut Pizza	1 Kickin' Nuggets w/ Roll	2 NEW GF Chicken & Chile Verde Tamale	3 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	4 Loaded Cheeseburger Sliders	5 NEW Taco Salad w/ Tostitos Scoops
Loco Burrito <i>Middle School:</i> Pizza Hut Pizza	8 Macaroni & Cheese	9 GF Make Your Own Nachos	10 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	11 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	12 Mandarin Orange Chicken w/ Chow Mein
Cheese Croissant Sandwich <i>Middle School:</i> Pizza Hut Pizza	15 All American Hamburger	16 NEW GF Chicken* & Cheese Pupusa w/ Salsa & Curtido <i>*no antibiotics ever</i>	17 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	18 Galaxy Pepperoni Pizza (turkey & beef)	19 Penne w/ Meatballs
GF Yogurt* w/ Granola <i>*made from cows not treated with rBST</i> <i>Middle School:</i> Pizza Hut Pizza	22 Mozzarella Crunchers	23 GF Make Your Own Nachos	24 NEW Pork Tonkatsu Sandwich (P) w/ Asian Slaw (S)	25 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	26 GF Teriyaki Chicken w/ Brown Rice
Chef's Special <i>Middle School:</i> Pizza Hut Pizza	29 NO SCHOOL <i>Memorial Day</i>	30 Beef & Cheese Taco Stick	31 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	1 Turkey & Cheese Sub Sandwich	Vegetarian Vegan GF Gluten Free (P) Contains Pork House Made (S) Contains Sesame

Celebrate your school's lunch heroes on the first Friday in May!

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



Fruits & Veggies May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Baby Carrots, Cooked Corn, Baked Beans (P), Tater Tots, Broccoli, Celery.

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

Meal Includes Entree, Fruits, Veggies & Milk!



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MAY & JUNE 2023 Hankey K-8 Breakfast



Offered Daily

GF Cinnamon Rice Chex	1 Oatmeal Chocolate Chip Bar	2 Mini Apple Breakfast Bites	3 Pancake & Turkey Sausage Stick	4 Apple Spice Frudel	5 Pan Dulce Concha
GF Honey Cheerios	8 Oatmeal Chocolate Chip Bar	9 Sunrise Sandwich	10 Buttery Maple Waffle	11 Chicken Sausage Pancake Sandwich	12 Mini Cinnis
GF Cinnamon Rice Chex	15 Oatmeal Chocolate Chip Bar	16 Aloha Sandwich	17 Strawberry Cream Cheese Bagel	18 Breakfast Pizza Bagel	19 Mini Cinnis
GF Honey Cheerios	22 Oatmeal Chocolate Chip Bar	23 Mini Apple Breakfast Bites	24 Breakfast Pizza Bagel	25 Chocolate Chip French Toast	26 Mini Cinnis
GF Cinnamon Rice Chex	29 NO SCHOOL <i>Memorial Day</i>	30 Sunrise Sandwich	31 Buttery Maple Waffle	1 Chef's Special	Vegetarian GF Gluten Free Contains Pork

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Meal Includes Entree, Fruits & Milk!



Fruits May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Seasonal Fresh Fruit



1% Milk* & Nonfat Chocolate Milk*

**made from cows not treated with rBST*



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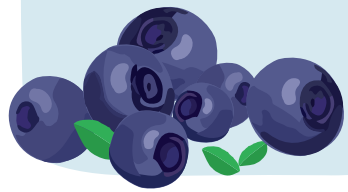
HARVEST OF THE MONTH: BLUEBERRIES

Blueberries are a good source of vitamin C and fiber. Blueberries and other berries like raspberries, strawberries, and blackberries are rich in phytochemicals, which come from plants and may help you stay healthy.

Berries are a great snack on their own! You can also add them to cereal, pancakes, yogurt, smoothies, and salads.

Produce Tips

- Choose fresh blueberries that are plump and have a solid, dark blue color.
- Choose fresh raspberries that are bright and evenly colored.
- Select fresh blackberries that are dry and shiny, without any green or red colors.
- Shop for fresh berries in season to get the best value.
- Frozen berries are also convenient and just as nutritious and delicious as fresh berries!



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

5/2: GF CHICKEN & CHILE VERDE TAMALE

Masa filled with chicken and chile verde filling. Wrapped in an authentic corn husk.



5/5: TACO SALAD WITH TOSTITOS SCOOPS

Celebrate Cinco de Mayo with taco salad! Salad crafted in our central kitchen with spinach and salad greens, taco seasoned beef, black beans, corn, cheddar cheese and pico de gallo served with Ken's Ranch and Tostitos Scoops made with whole ground corn!

5/5: PAN DULCE CONCHA

Celebrate Cinco de Mayo with a whole grain Pan Dulce Concha! Pan Dulce is a colorful Mexican sweet bread traditionally served at breakfast.



5/16: CHICKEN & CHEESE PUPUSA WITH SALSA & CURTIDO

A pupusa is a thick griddle cake or flatbread from El Salvador and Honduras, made with cornmeal, similar to the Colombian and Venezuelan arepa. It is filled with meat, beans, cheese or veggies. It is served with curtido, a Salvadoran cabbage slaw or relish that is made with cabbage, red onion, carrot, oregano, and vinegar.



The curtido is made from scratch in our central kitchen!

5/24: PORK TONKATSU SANDWICH WITH ASIAN SLAW

Tonkatsu is a breaded pork cutlet from Japan. Enjoy a breaded pork cutlet on a hoagie roll with sweet and savory Asian slaw made in our central kitchen.

SUMMER: FREE LUNCH @ THE LIBRARY!

CUSD Food & Nutrition Services and OC Public Libraries are excited to announce the return of Lunch at the Library this summer!

FREE LUNCH FOR ALL KIDS UNDER 18 !

San Juan Capistrano Library
31495 El Camino Real

June 12 - July 20: Monday-Thursday
Noon - 1pm

LIBRARY



MAY

5/2 National Teachers' Day

Every day should be teachers' day! Thank the kind, hardworking, and patient teachers at your school.



5/5 School Lunch Hero Day

Thank the unstoppable heroes at your school. It is because of their commitment to student health that CUSD can offer every student nutritious breakfast and lunch every school day!



5/17 Children's Mental Health Awareness Day

We can all do our part in supporting the mental, social and emotional well-being of children. Help kids stay connected with family and friends, teach mindful breathing practices, or spend time outdoors in nature.



5/29 Memorial Day

Memorial Day is a federal holiday honoring and mourning the U.S. military personnel who have died while serving in the United States armed forces.

