

FREE
for ALL
Students



JANUARY 2023 Journey Lunch

**KNOCK KNOCK!
WHO'S THERE?
LETTUCE!
LETTUCE WHO?**



Offered Daily		9	10	11	12	13
Galaxy Cheese Pizza 🌿		Kickin' Nuggets w/ Roll ✓	GF Make Your Own Nachos	Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	Cheeseburger Sliders	Chicken Pretzel Dog* <i>*no nitrates or nitrites</i>
Loco Burrito ✓		16 NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	17 GF Make Your Own Nachos	18 GF Chicken Taquitos	19 All American Hamburger	20 Mandarin Orange Chicken w/ Chow Mein
Cheese Croissant Sandwich 🌿		23 Galaxy Pepperoni Pizza (beef & turkey)	24 Nacho Bites	25 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	26 Chicken Double Dogs* <i>*no nitrates or nitrites</i>	27 Penne w/ Meatballs
GF Yogurt* w/ Granola 🌿 <i>*made from cows not treated with rBST</i>		30 Mozzarella Crunchers 🌿	31 Chili Con Carne 🍳 w/ Tortilla Chips	Meal Includes Entree, Fruits, Veggies & Milk! 🥦🍏 Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans🍷, Tater Tots, Broccoli, Celery. 🥛 1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		

🌿 Vegetarian GF Gluten Free ✓ Vegan 🍷 Contains Pork 🍳 House Made

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





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Students



JANUARY 2023 Journey Breakfast

LETTUCE IN,
IT'S COLD
OUT HERE!



Offered Daily		9	10	11	12	13
GF Honey Cheerios Cereal 🌿		Oatmeal Chocolate Chip Bar 🌿	Blueberry Muffin 🌿	Pancake & Turkey Sausage Stick	Strawberry Cream Cheese Bagel 🌿	Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿		16 NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	17 Buttery Maple Waffle 🌿	18 Sunrise Sandwich ^P	19 Breakfast Pizza Bagel 🌿	20 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿		23 Oatmeal Chocolate Chip Bar 🌿	24 Aloha Sandwich (beef)	25 Cinnamon Glazed French Toast Sticks 🌿	26 Chicken Sausage Pancake Sandwich	27 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿		30 Oatmeal Chocolate Chip Bar 🌿	31 Mini Apple Breakfast Bites 🌿	Meal Includes Entree, Fruits & Milk!  Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit  1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		

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HARVEST OF THE MONTH & FARM 2 SCHOOL: TANGERINE

Tangerine is the common name for a variety of Mandarin orange. The mandarin orange is native to southeastern Asia and can be found growing in California. The tangerine looks like an orange but is smaller, less round and easier to peel by hand. They also have a sweeter taste!

Tangerines are water-rich fruits packed with vitamin C and antioxidants. They're also good sources of other vitamins and minerals, such as potassium and B vitamins.



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

VENDOR HIGHLIGHT: HOLLANDIA DAIRY

We proudly purchase milk and dairy products from Hollandia Dairy, a family-owned and operated business in San Diego County. The Hollandia Dairy story began in 1949 when Mr. and Mrs. Arie de Jong and their 10 children settled in Poway from Holland.

Their possessions were few and included a total of \$32.00 cash. Today Hollandia Dairy is one of the oldest independent producer and distributor dairies in California.

Staff feeds, cares, comforts and milks every cow at the San Jacinto dairy farm daily, just less than 50 miles away from the San Marcos Milk Processing plant.

Proud Farm Practices at Hollandia Dairy:

- Milk comes from cows not treated with rBST.
- Certified Humane Dairy.
- Environmental Stewardship, water and energy conservation.



New!

1/24: NACHO BITES

Delicious bean and cheese nachos in a poppable bite! Made with whole grain corn masa, refried beans, mozzarella cheese, and cheddar cheese.



1/31: CHILI CON CARNE WITH TORTILLA CHIPS

Scratch-made chili con carne made in our central kitchen with beef, black beans, and spices. Served with a sprinkle of shredded cheese and whole grain tortilla chips.



CHINESE NEW YEAR

This new year celebration is also called Lunar New Year. It is celebrated in January or February all over the world, especially in countries with large Asian communities. Ancestors are honored and traditional ceremonies are held where people gather to welcome the new year with customs that bring good luck, good fortune, wealth, prosperity and happiness. "Gong Xi Fa Cai" means "Have a prosperous new year". Each year a Chinese zodiac animal is the symbol for the year. 2023 is the year of the Rabbit. People celebrate with foods such as:

- Fish: a symbol of good luck, wealth and healthy life.
- Dumplings: little round rice flour balls often filled with vegetables.
- Mandarin oranges, dried fruit and sweets: seen as lucky food.
- Candy boxes and little round shaped biscuits: symbolizing gold or fortune.



JANUARY

1/9

National Fourth Graders Day



4th grade students shine when they are in charge of their own learning & shimmer brightest when being creative. Let's celebrate the magic of being 9 or 10 and celebrate what 4th graders can do!

1/11 National Milk Day



Milk has 9 essential nutrients and is considered a staple food. Of course, most of us aren't on a milk-only diet, but milk is our very first food as babies and often remains a source of nutrition as we grow up.

1/16

Dr. Martin Luther King Jr. Day



Dr. Martin Luther King, Jr. dedicated his life to achieving equality and justice for Americans of all colors. King believed that peaceful actions were the best way to bring about social change.

1/24

National Compliment Day



Give compliments and see how your day changes!