





Offered Daily	9	10	11	12	13		
Galaxy Cheese Pizza	Kickin' Nuggets w/Roll√	GF Make Your Own Nachos	Chicken Tenders* w/ Cornbread Poppers *no antibiotics ever	Cheeseburger Sliders	Chicken Pretzel Dog* *no nitrites or nitrates		
Loco Burrito√	16 NO SCHOOL Or. Martin Luther King Tr. Day	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)	Nacho Bites	25 Crispy Chicken Drumstick* w/ Waffles *no antibiotics ever	Chicken Double Dogs* *no nitrites or nitrates	Penne w/ Meatballs		
GF Yogurt* w/ Granola *made from cows not treated with rBST	30 Mozzarella Crunchers	Zzarella 31 Chili Con Fruits & Veggies May Include: Apple Pear Orange					

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











Offered Daily	9	10	11	12	13				
GF Honeγ Cheerios Cereal	Oatmeal Chocolate Chip Bar	Blueberry Muffin N	Pancake & Turkey Sausage Stick	Strawberry Cream Cheese Bagel	Mini Cinnis N				
GF Cinnamon RiceChex Cereal	16 NO SCHOOL Or. Martin Luther King Jr. Oay	Butterγ Maple Waffle	Sunrise Sandwich®	Breakfast Pizza Bagel	Mini Cinnis				
GF Honey Cheerios Cereal	23 Oatmeal Chocolate Chip Bar	Aloha Sandwich (beef)	Cinnamon Glazed French Toast Sticks	Chicken Sausage Pancake Sandwich	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*						
Vegetarian GF Gluten Free P Contains Pork************************************									

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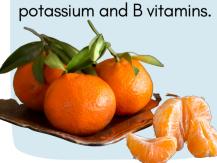




HARVEST OF THE MONTH & FARM 2 SCHOOL: TANGERINE

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.



Hithere! Welcome to Capo Crunch! Join us every month for menuupdates, 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.

Jew! 1/24: NACHO

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.



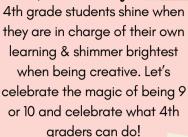
CHINESE NEW YEAR

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

119 National Fourth Graders Day



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!