



| | Offered Daily | 6 | 7 | 8 | 9 | 10 | | |
|--|---------------------------------|---|--|--|---|---|--|--|
| | Bean & Cheese Burrito | Mozzarella Crunchers 🕽 | Crispy Chicken Filet Sandwich on Brioche Bun | GF Chicken Tamale* *no antibiotics ever | Pepperoni Pizza Wedge® | GF Teriγaki Chicken w/ Brown Rice <i>P</i> | | |
| | Galaxy Cheese Pizza | 13 Kickin' Sandwich√ | 14 Chicken Tenders w/ Cornbread Poppers | 15 GF Chicken Taquitos | 16 Cheeseburger Sliders | 17 Spaghetti / w/ Meatballs | | |
| | Cheese Croissant Sandwich | 20 NO SCHOOL Or. Martin Luther King Jr. Oay | 21 Crispy Chicken Drumstick w/ Waffles | Chicken Double Dog* *no nitrites or nitrates | 23 Crunchy Beef & Cheese Tacos Lettuce, Cheese & Tomato Cup (side) | 24 Mandarin Orange Chicken w/ Chow Mein | | |
| | Cheese Pizza Wedge N | 27 Kickin' Nuggets w∕ Roll√ | 28 GF Make Your Own Nachos | Make Your Own Steamed Bun w/ Teriyaki Chicken Fortune Cookie (side) | 30 Hamburger on Potato Brioche Bun Lettuce & Tomato Cup (side) | 31 Bolognese Spaghetti | | |
| Meal Includes Entree, Fruits, Veggies & Milk! Vegetarian P Contains Pork House-Made Fruits & Veggies May Include: Apple Slices, Organic and GF Gluten Free One Health Cert. Grass-fed Beef, | | | | | | | | |
| Fruits & Veggies May Include: Apple Slices, Organic and Local Cara Cara Orange, Organic Banana, Asian Pear, Granny Smith Apples, Local Dates, Baby Carrots, Cooked Corn, Edamme, Tater Tots, Broccoli, Celery, Local Persian | | | | | | | | |

Whole Grain Tortilla Chips are available as an additional item for grades 9-12 on Mondays, Wednesdays & Fridays



1% Milk* & Nonfat Chocolate Milk*

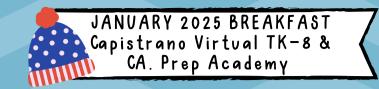
*made from cows not treated with rBST

Cucumber

This institution is an equal opportunity provider. Menu is subject to change without notice. Tollow Us! @capofood

x capistrano.healtheliving.net







| Offered Daily | 6 | 7 | 8 | 9 | 10 |
|---|---|------------------------------|---|------------------------------|-------------------------|
| GF Cinnamon Rice Chex Cereal | Maple Waffle N | Blueberry Muffin N | GF Vanilla Greek Yogurt w/ GF Granola 🔊 | Blueberry Waffle D | Mini Cinnis D |
| GF Honeγ Cheerios Cereal N | 13 Maple Waffle | 14 Blueberry Muffin | 15 GF Vanilla Greek Yogurt w/ GF Granola | Blueberry Waffle | Mini Cinnis |
| GF Cinnamon Rice Chex Cereal D | 20 NO SCHOOL Or. Martin Luther King Tr. Oay | 21 Blueberry Muffin | 22 GF Vanilla Greek Yogurt w/ GF Granola | 23 Blueberry Waffle | Mini Cinnis D |
| GF Honeγ Cheerios Cereal | 27 Maple Waffle | 28 Blueberry Muffin | 29 GF Vanilla Greek Yogurt w/ GF Granola 🕽 | 30 Blueberry Waffle | Mini Cinnis |

Meal Includes Entree, Fruits & Milk!

Fruits May Include: Apple Slices, Organic and Local Cara Cara Orange, Organic Banana, Asian Pear, Granny Smith Apples, Applesauce, Apple Crisps

1% Milk* & Nonfat Chocolate Milk*

*made from cows not treated with rBST

Vegetarian GF Gluten Free

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CAPO CRUNCH

FARM TO SCHOOL: LOCALLY GROWN DATES



Dates are a sweet and healthy fruit that come from date palm trees.

Our dates are grown locally by Aziz Farms in Coachella Valley. Read about date health benefits:

Energy Boosters

• Dates are full of natural sugars like glucose and fructose, which give quick energy for playing and learning.

Packed with Nutrients

- Fiber: Helps tummies work well and keeps us from feeling hungry too soon.
- Potassium: Great for muscles and heart.
- Magnesium: Helps bones grow
- Iron: Helps carry oxygen in blood, which keeps us from feeling tired.

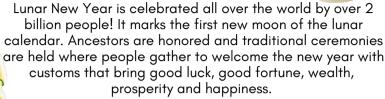
Good for Brain

• The natural sugars in dates also help fuel brains for school and homework.

Dates have a pit inside them, similar to peaches, nectarines, and cherries. The pit is very easy to remove. Once the pit is removed, take a bite and enjoy the chewy sweetness!

Hithere! Welcome to Capo Crunch! Join us every month for menuupdates, wellness tips, nutrition knowledge & more!

LUNAR NEW YEAR: JANUARY 29



We are offering a Make Your Own Steamed Bun with Teriyaki Chicken for lunch on January 29.

A steamed bun is a soft, fluffy bread made by steaming dough that tastes AMAZING. It's like a warm and squishy cloud you can eat that has delicious fillings inside! They're a special Lunar New Year treat that kids all over the world love because they're delicious and fun to eat! Wouldn't it be cool to try one at lunch and celebrate?



BUILD YOUR OWN BUN WITH OUR TERIYAKI CHICKEN ON 1/29!

January Fruit & Veggies

Apples & Apple Slices

Contain fiber which is

good for your gut and heart.

Asian Pear

Believed to support respiratory

comfort and soothe sore throats.

Organic Banana

Contain potassium which

keeps our heart healthy.

Locally Grown &

Organic Cara Cara Orange

Contain Vitamin C which boosts

our immune system.

Carrots

Contain Vitamin A which

keeps eyes healthy.

Local Dates

The natural sugars in dates help

Edamame

higher in protein than most vegetables.

A good source of calcium. It has as much calcium per gram as milk!

Contains fiber which is good for your gut and heart. Contains Vitamin C, too!

fiber which is good for your gut and heart.

They're 95% water and stay very cool on the inside, which is where the expression "cool as a cucumber" comes from.

fuel brains for school and homework.

Also known as soybeans and are

Broccoli

Jicama

Celery

Made up of 95% water! Also contains

Locally Grown Persian Cucumber



national Fourth Graders Day

4th grade students shine when they are in charge of their own learning and are being creative.

Let's celebrate the magic of being 9 or 10 and celebrate what 4th graders can do!

1/11 national Milk Bay

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.

Dr. Martin Luther King Jr. Day Dr. Martin Luther King, Jr. dedicated his life to achieving

equality and justice for Americans of all colors. He believed that peaceful actions were the best way to bring about social change.

1/29 Lunar 2000

New Year

Marks the start of a new year on the lunar (moon) calendar, 2025 is is the Year of the Snake, 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 good luck.

