


FREE
for ALL
Students




JANUARY 2025 LUNCH
Capistrano Virtual TK-8 &
CA. Prep Academy

**HOW DOES
RICE SAY
GOOD BYE?**



Offered Daily	6	7	8	9	10
Bean & Cheese Burrito 🌿	Mozzarella Crunchers 🌿	Crispy Chicken Filet 🐔 Sandwich on Brioche Bun	GF Chicken Tamale* <i>*no antibiotics ever</i>	Pepperoni Pizza Wedge 🐷	GF Teriyaki Chicken w/ Brown Rice 🍴
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 <i>Dr. Martin Luther King Jr. Day</i>	21 Crispy Chicken Drumstick w/ Waffles	22 Chicken Double Dog* <i>*no nitrites or nitrates</i>	23 Crunchy Beef & Cheese Tacos <i>Lettuce, Cheese & Tomato Cup (side)</i>	24 Mandarin Orange Chicken w/ Chow Mein
Cheese Pizza Wedge 🌿	27 Kickin' Nuggets w/ Roll 🌿	28 GF Make Your Own Nachos	29  Make Your Own Steamed Bun w/ Teriyaki Chicken <i>Fortune Cookie (side)</i>	30 Hamburger on Potato Brioche Bun 🍴 <i>Lettuce & Tomato Cup (side)</i>	31 Bolognese Spaghetti 🍴

Meal Includes Entree, Fruits, Veggies & Milk!

 **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, Edamame, Tater Tots, Broccoli, Celery, Local Persian Cucumber

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

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

🌿 Vegetarian
GF Gluten Free
🌿 Vegan

🐷 Contains Pork
🐔 One Health Cert.
🍴 Locally Baked

🍴 House-Made
🐄 Grass-fed Beef, Regenerative Ranch

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

📷 Follow Us! @capofood
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JANUARY 2025 BREAKFAST
Capistrano Virtual TK-8 &
CA. Prep Academy

I HOPE TO
SEE YOU A-
GRAIN!



Offered Daily	6	7	8	9	10
GF Cinnamon Rice Chex Cereal	Maple Waffle	Blueberry Muffin	GF Vanilla Greek Yogurt w/ GF Granola	Blueberry Waffle	Mini Cinnis
GF Honey Cheerios Cereal	Maple Waffle	Blueberry Muffin	GF Vanilla Greek Yogurt w/ GF Granola	Blueberry Waffle	Mini Cinnis
GF Cinnamon Rice Chex Cereal	20 NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	21 Blueberry Muffin	22 GF Vanilla Greek Yogurt w/ GF Granola	23 Blueberry Waffle	24 Mini Cinnis
GF Honey Cheerios Cereal	27 Maple Waffle	28 Blueberry Muffin	29 GF Vanilla Greek Yogurt w/ GF Granola	30 Blueberry Waffle	31 Mini Cinnis

Meal Includes Entree, Fruits & Milk!

Vegetarian GF Gluten Free

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*

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

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 strong.
- 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!



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

LUNAR NEW YEAR: JANUARY 29

Lunar New Year is celebrated all over the world by over 2 billion people! It marks the first new moon of the lunar calendar. 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.

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?



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 fuel brains for school and homework.

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!



Celery

Made up of 95% water! Also contains fiber which is good for your gut and heart.



Locally Grown Persian Cucumber

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

JANUARY

1/9

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 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.

1/20

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 New Year



Marks the start of a new year on the lunar (moon) calendar. 2025 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.