

FREE
for ALL
Students



JANUARY 2026 Elementary Lunch

WHY DID THE
ORANGE STOP
ROLLING DOWN
THE HILL?



	Monday	Tuesday	Wednesday	Thursday	Friday
► Offered Daily					
Cheese Quesadilla (Contains Coconut Oil)	5 Macaroni & Cheese	6 Crispy Chicken Drumstick w/ Waffles	7 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	8 Chicken Pretzel Dog* *no nitrites or nitrates added	9 GF Teriyaki Chicken w/ Brown Rice
Cheese Pizza Wedge	12 Kickin' Nuggets w/ Roll	13 Chicken Dumplings w/ Teriyaki	14 GF Make Your Own Nachos	15 Cheesburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	16 Bolognese Spaghetti
Bean & Cheese Burrito	19 NO SCHOOL Dr. Martin Luther King Jr. Day	20 Crispy Chicken Filet Sandwich on Brioche Bun	21 GF Chicken Taquitos* *no antibiotics ever	22 Pepperoni Pizza Wedge P	23 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza	26 Kickin' Sandwich	27 Crispy Chicken Tenders w/ Cornbread Poppers	28 Make Your Own Chicken Soft Tacos* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	29 Hamburger Sliders	30 Trombe Pasta w/ Meatballs

Meal Includes Entree, Fruits, Veggies & Milk!

Fruits & Veggies May Include: Apple Slices, Asian Pear, Baby Carrots, Broccoli, Cara Cara Orange, Celery Sticks, Edamame, Jicama, Moro Blood Orange, Organic Banana, Organic Fuji Apple, Persian Cucumbers, Tater Tots, Yellow Corn

1% Milk* & Nonfat Milk*

*made from cows not treated with rBST

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

Follow Us! @capofood

Vegetarian

Vegan

GF

P

S

Grass-fed Beef, Regenerative Ranch

One Health Cert.

Locally Made

House Made

Freshly Baked



capistrano.healthliving.net

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Students



JANUARY 2026
Elementary Breakfast

**BECAUSE IT
RAN OUT
OF JUICE!**



	Monday	Tuesday	Wednesday	Thursday	Friday
► Offered Daily GF Cinnamon Chex Cereal	5 French Toast Sticks	6 Chicken Sausage Pancake Sandwich	7 GF Vanilla Greek Yogurt w/ GF Granola	8 Blueberry Bagel w/ Cream Cheese	9 Pancake Bites
GF Honey Cheerios Cereal	12 Blueberry Muffin	13 Sunrise Sandwich	14 Maple Waffle	15 Plain Bagel w/ Cream Cheese	16 Mini Cinnis
GF Cinnamon Chex Cereal	19 NO SCHOOL <i>Dr. Martin Luther King Jr. Day</i>	20 Chicken Sausage Pancake Sandwich	21 French Toast Sticks	22 Blueberry Bagel w/ Cream Cheese	23 Pancake Bites
GF Honey Cheerios Cereal	26 Blueberry Muffin	27 Sunrise Sandwich	28 Maple Waffle	29 Plain Bagel w/ Cream Cheese	30 Mini Cinnis

Meal Includes Entree, Fruits, & Milk!

 **Fruits May Include:** Applesauce, Apple Slices, Asian Pear, Cinnamon Apple Crisps, Cara Cara Orange, Organic Banana, Organic Fuji Apple



1% Milk* & Nonfat Milk*

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GF Gluten Free



Freshly Baked

P Contains Pork



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CAPO CRUNCH

HARVEST OF THE MONTH: BLOOD ORANGES



Blood oranges are an orange with a twist – the fruit and peel are a **bright to dark red!**

Blood oranges get their color from **anthocyanins** – a natural color in some fruits and vegetables that make them red, purple, or blue – like blueberries and red cabbage. Anthocyanins help your body stay healthy and protects your cells!

Blood oranges are also called **raspberry oranges** because they taste a little like raspberries. They are **sweeter than most oranges**.

Our blood oranges are grown locally by **Durango Farms in Dinuba, CA**.

Read about blood orange health benefits:

Packed with Nutrients

- Vitamin C: Helps you fight off colds and heal cuts and scrapes.
- Fiber: Helps tummies work well and keeps us from feeling hungry too soon.
- Potassium: Great for muscles and your heart.

Blood Oranges are available from December to April every year.

Hi there!

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

JANUARY

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.

1/12

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!

1/19

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.

1/24

National Compliment Day



A compliment is a powerful thing! An honest compliment can make people feel good about themselves because you noticed something about them. Who can you give a compliment to today?

VENDOR SPOTLIGHT: ETTO PASTA



Located in **San Luis Obispo**, Etto Pasta is a **family-owned** pasta factory and market that does pasta differently. Made in a **traditional Italian style**, Etto's different pastas are made with **simple clean wheat flour grown in America**. Making pasta this way helps sauces stick better to the pasta, giving it more flavor!

Etto's start on school menus was at their own kids' Montessori school. As they transitioned to public school, they expanded to California's Central Coast private and public schools before expanding throughout California.

We are proud to serve Etto's **trombe pasta** (shaped like a trumpet) on our menu **with meatballs and marinara sauce**.

January Fruit & Veggies



Organic Fuji Apple & 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.



Cara Cara Orange

Contain Vitamin C which boosts our immune system.



Blood Orange

Helps our immune system and heals cuts and scrapes.



Carrots

Contain Vitamin A which keeps eyes healthy.



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.