

FREE
for ALL
Students



JANUARY 2024

Capo Virtual K-8 Breakfast

WHAT DOES
A SNOWMAN
EAT FOR
LUNCH?



Offered Daily					
GF Cinnamon Rice Chex Cereal	8 Mini Apple Breakfast Bites	9 Maple Waffle	10 Oatmeal Chocolate Chip Bar	11 Wild Blueberry Waffle	12 Mini Cinnis
GF Honey Cheerios Cereal	15 NO SCHOOL Dr. Martin Luther King Jr. Day	16 Maple Waffle	17 Oatmeal Chocolate Chip Bar	18 Wild Blueberry Waffle	19 Mini Cinnis
GF Cinnamon Rice Chex Cereal	22 Mini Apple Breakfast Bites	23 Maple Waffle	24 Oatmeal Chocolate Chip Bar	25 Wild Blueberry Waffle	26 Mini Cinnis
GF Honey Cheerios Cereal	29 Mini Apple Breakfast Bites	30 Maple Waffle	31 Oatmeal Chocolate Chip Bar	Vegetarian GF Gluten Free Ⓟ Contains Pork	

Meal Includes Entree, Fruits & Milk!

 **Fruits May Include:** Apple, Pear, Orange, Banana, Applesauce, Seasonal Fruit



1% Milk* & Nonfat Chocolate Milk*

*made From cows not treated with rBST

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



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JANUARY 2024

Capo Virtual K-8 Lunch

ICEBERGERS!



Offered Daily		8	9	10	11	12
Sunbutter & Grape Jelly Sandwich 	NEW	Mozzarella Crunchers 	GF Make Your Own Nachos	Galaxy Pepperoni Pizza (beef & turkey)	Chicken Double Dogs* <i>*no nitrites or nitrates</i>	House-made Bolognese Pasta
Garlic Mozzarella Grilled Cheese Side of Marinara Sauce (optional)		15 NO SCHOOL Dr. Martin Luther King Jr. Day	16 NEW Mozzarella Pinwheel 	17 Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	18 Loaded Cheeseburger Sliders	19 GF Teriyaki Chicken w/ Brown Rice
Bean & Cheese Burrito 		22 Kickin' Nuggets w/ Roll 	23 GF Chicken Taquitos	24 Hamburger on Potato Brioche Bun  Side of Lettuce & Tomato (optional)	25 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	26 Pasta & Meatballs
Galaxy Cheese Pizza 		29 Pizza Boli Bites 	30 All Natural Turkey* & Cheese Croissant Sandwich <i>*no nitrites or nitrates</i>  NATIONAL CROISSANT DAY!	31 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	 Vegetarian  GF Gluten Free  Vegan  Contains Pork  Locally Baked Sadie Rose Baking Co.	

Meal Includes Entree, Fruits, Veggies & Milk!



Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Salad



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HARVEST OF THE MONTH: KUMQUATS

Kumquats look like tiny, oval oranges. Unlike oranges, the **skin** is eaten!

The skin is the **sweetest** part of the kumquat while the inside fruit can be sour.

In Chinese culture, kumquats are a symbol of **good luck** and are very popular during New Year celebrations.

Before eating, **roll** each kumquat between your fingers with a small amount of pressure. This releases fragrant oils in the skin and makes the fruit taste even better!



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!

1/8-12: SUNBUTTER & JELLY SANDWICH

Whole wheat bread with sun butter (made from sunflower seeds) and grape jelly.



1/16: MOZZARELLA PINWHEEL

Whole wheat pastry folded over marinara sauce and mozzarella cheese.



1/30: ALL NATURAL TURKEY & CHEESE CROISSANT

Celebrate National Croissant Day with a whole grain croissant sandwich with turkey, cheese, lettuce & tomato.



CUSD IS EAT REAL CERTIFIED!

CUSD is the first school district in Southern CA to become Eat Real certified!

Here are some of our certification accomplishments:

- Prioritizing quality of animal products used on menus.
- Removing juice to decrease added sugar on menus.
- Offering a variety of produce on menus.
- Sourcing local and organic produce.



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!