

**FREE**  
for ALL  
Students



# JANUARY 2023 Carl Hankey K-8 Lunch

**KNOCK KNOCK!  
WHO'S THERE?  
LETTUCE!  
LETTUCE WHO?**



## Offered Daily

**Galaxy Cheese  
Pizza** 🌿

Middle School:  
Pizza Hut Pizza

**Kickin'  
Nuggets  
w/ Roll** ✓

10  
**GF Make Your  
Own Nachos**

11  
**Chicken Tenders\*  
w/ Cornbread  
Poppers**

*\*no antibiotics ever*

12  
**Cheeseburger  
Sliders**

13  
**Chicken  
Pretzel Dog\***

*\*no nitrites or nitrates*

**Loco  
Burrito** ✓

Middle School:  
Pizza Hut Pizza

16  
**NO SCHOOL**  
*Dr. Martin Luther  
King Jr. Day*

17  
**GF Make Your  
Own Nachos**

18  
**GF Chicken  
Taqitos**

19  
**All American  
Hamburger**

20  
**Mandarin  
Orange  
Chicken w/  
Chow Mein**

**Cheese  
Croissant  
Sandwich** 🌿

Middle School:  
Pizza Hut Pizza

23  
**Galaxy  
Pepperoni  
Pizza**  
(beef & turkey)

24  
**Nacho  
Bites**

**NEW**

25  
**Crispy Chicken  
Drumstick\* w/  
Waffles**

*\*no antibiotics ever*

26  
**Chicken  
Double Dogs\***

*\*no nitrites or nitrates*

27  
**Penne w/  
Meatballs**

**GF Yogurt\*  
w/ Granola** 🌿

*\*made from cows not  
treated with rBST*

Middle School:  
Pizza Hut Pizza

30  
**Mozzarella  
Crunchers** 🌿

31  
**Chili Con  
Carne** 🍳 w/  
Tortilla Chips

**NEW**

**Meal Includes Entree, Fruits, Veggies & Milk!**



**Fruits & Veggies May Include:** Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked BeansⓅ, Tater Tots, Broccoli, Celery.



**1% Milk\* & Nonfat Chocolate Milk\***

*\*made from cows not  
treated with rBST*

🌿 Vegetarian GF Gluten Free ✓ Vegan Ⓟ Contains Pork 🍳 House Made

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





# JANUARY 2023 Carl Hankey K-8 Breakfast



Offered Daily		9	10	11	12	13
GF Honey Cheerios Cereal		Oatmeal Chocolate Chip Bar	Blueberry Muffin	Pancake & Turkey Sausage Stick	Strawberry Cream Cheese Bagel	Mini Cinnis
GF Cinnamon Rice Chex Cereal		16 <b>NO SCHOOL</b> <i>Dr. Martin Luther King Jr. Day</i>	17 Buttery Maple Waffle	18 Sunrise Sandwich <sup>P</sup>	19 Breakfast Pizza Bagel	20 Mini Cinnis
GF Honey Cheerios Cereal		23 Oatmeal Chocolate Chip Bar	24 Aloha Sandwich (beef)	25 Cinnamon Glazed French Toast Sticks	26 Chicken Sausage Pancake Sandwich	27 Mini Cinnis
GF Cinnamon Rice Chex Cereal		30 Oatmeal Chocolate Chip Bar	31 Mini Apple Breakfast Bites	<b>Meal Includes Entree, Fruits &amp; Milk!</b>  <b>Fruits May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit  <b>1% Milk* &amp; Nonfat Chocolate Milk*</b> <i>*made from cows not treated with rBST</i>		

 Vegetarian   GF Gluten Free   <sup>P</sup> 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.



*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!*

### 1/24: NACHO BITES

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

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!