

**FREE**  
for ALL  
Students

# MARCH 2023 Elementary Lunch

WHY DID THE  
CUCUMBER  
CROSS THE  
STREET?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday					
GF Yogurt* & Granola	Vegetarian GF Gluten Free Vegan  House Made Contain Pork **Locally Grown	1	Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	2	Cheese Lasagna	3	Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>			
Galaxy Cheese Pizza	6	Kickin' Nuggets w/ Roll	7	Beef & Cheese Taco Stick	8	Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	9	GF Chicken Taquitos	10	Mandarin Orange Chicken w/ Chow Mein
Loco Burrito	13	Macaroni & Cheese	14	GF Make Your Own Nachos	15	Cheeseburger Sliders	16	Chicken & Cheese Flatbread Sandwich	17	Bolognese Pasta
Cheese Croissant Sandwich	20	All American Hamburger	21	Beef Chili Nachos	22	Crispy Chicken Drumstick w/ Waffles	23	Chicken Double Dogs* <i>*no nitrites or nitrates</i>	24	Island Hoagie
GF Yogurt* & Granola	27	Mozzarella Crunchers	28	GF Make Your Own Nachos	29	Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	30	GF Chicken Taquitos	31	Penne w/ Meatballs
<i>*made from cows not treated with rBST</i>										

Fruits, Veggies & Milk with Meal

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\*capistrano.healtheliving.net

Fruits & Veggies May Include: Apple, Pear, Orange\*\*, Banana, Raisins, Fruit Cup, Tangerine, Kiwi\*\*, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Garden Side Salad, Celery, Zucchini\*\*, Cucumber.

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

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

CAPO CUISINE

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Students

# MARCH 2023 Elementary Breakfast

...BECAUSE IT  
WAS GREEN!



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal 🌿	<div>🌿 Vegetarian</div> <div>Ⓟ Contains Pork</div> <div>GF Gluten Free</div> <div>**Locally Grown</div> <div><i>This institution is an equal opportunity provider. Menu is subject to change without notice.</i></div>	1 Sunrise Sandwich Ⓟ	2 Chicken Sausage Pancake Sandwich	3 Mini Cinnis 🌿	
GF Blueberry Chex Cereal 🌿 <div>NEW</div>	6 Oatmeal w/ Brown Sugar & Cinnamon 🌿 <div>NEW</div>	7 Aloha Sandwich (Beef)	8 Cinnamon Glazed French Toast Sticks 🌿	9 Pancake & Turkey Sausage Stick	10 Cheesy Chorizo Bolillo (Chicken) <div>NEW</div>
CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!					
GF Cinnamon Rice Chex Cereal 🌿	13 Oatmeal Chocolate Chip Bar 🌿	14 Mini Apple Breakfast Bites 🌿	15 Breakfast Pizza Bagel 🌿	16 Buttery Maple Waffle 🌿	17 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	20 Oatmeal Chocolate Chip Bar 🌿	21 Sunrise Sandwich Ⓟ	22 Apple Spice Frudel 🌿	23 Chicken Sausage Pancake Sandwich	24 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	27 Oatmeal Chocolate Chip Bar 🌿	28 Aloha Sandwich (Beef)	29 Strawberry Cream Cheese Bagel 🌿	30 Pancake & Turkey Sausage Stick	31 Mini Cinnis 🌿

## Fruits & Milk with Meal

Fruits May Include: Apple, Pear, Orange\*\*, Banana, Raisins, Kiwi\*\*, Tangerine, Fruit Cup, Seasonal Fruit

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

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CAPO CUISINE



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

## Celebrating NATIONAL SCHOOL BREAKFAST WEEK! MARCH 6-10



CUSD joins school districts nationwide to celebrate National School Breakfast Week!

Did you know children who eat breakfast are more likely to...

✓ Reach higher levels of achievement in reading and math.

✓ Score higher on standardized tests.

✓ Have better concentration and memory.

✓ Be more alert at school.



### WHAT DOES THE WHISK MEAN?



If you see a whisk symbol next to a menu item, it means this item was house-made in the CUSD central kitchen!

Did you know our central kitchen in San Juan Capistrano produces and packages food daily for all 35 of CUSD's elementary schools?

We are always pushing for progress and appreciate community support for more scratch cooking!

### HIRING FAIR

FOOD & NUTRITION SERVICES

**On-site Application, Screening & Interviewing for Food Service Professional Positions!**  
Refreshments Provided

**2**  
**MARCH**

**8:00 AM - 11:00 AM**  
CUSD Central Kitchen  
32972 Calle Perfecto, SJC

- Benefits Available
- No Experience Needed, Training Provided
- Work While Your Children are in School
- Enjoy Nights, Weekends, Holidays & Summer Off
- Paid Vacation, Sick Days, and Holidays

*New!*

#### WEEK OF 3/6 BLUEBERRY CHEX CEREAL

Rice Chex dusted with sweet blueberry flavor.



#### 3/6 OATMEAL W/ BROWN SUGAR & CINNAMON

Bowl of oatmeal with brown sugar and cinnamon.



### EAT GREEN ON 3/17!

How many green fruits and vegetables have you tried on the list below? Keep an eye out for green fruits or veggies on Friday, March 17!

- Kiwi\*
- Honeydew
- Green Grapes
- Finger Limes
- Gooseberry
- Pear
- Starfruit
- Lime
- Green Apple
- Celery
- Kale
- Broccoli
- Edamame
- Peas
- Chayote
- Zucchini\*
- Cucumber
- Asparagus

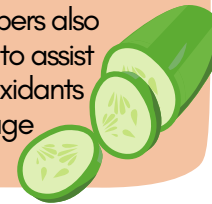


\*locally grown

### HARVEST OF THE MONTH: PERSIAN CUCUMBER

Are You as COOL as a Cucumber?!

Persian Cucumbers are small (4-6 inches), sweet and seedless. They have very thin skins that are not noticeable when eaten. They contain fiber to help digestion, vitamin C to build up the immune system, and potassium to balance fluid levels within the body. Cucumbers also provide manganese and vitamin K to assist in faster wound healing and antioxidants to protect cells against damage caused by free radicals!



## MARCH

3/2

*National Read Across America Day*

Read Across America is the nation's largest celebration of reading! Enjoy a book today!

3/6-3/10

*National School Breakfast Week*

Celebrate at school by joining us for breakfast at morning recess! Try one or all of the new breakfast items this week.



3/14

*National Children's Craft Day*

Gather your art supplies and find items around the house (such as boxes) and create a unique craft!



3/21

*National Teenager Day*

Honor, celebrate, and tell your teenager how much you appreciate their presence in your life.



#### 3/10 CHICKEN CHORIZO & CHEESE BOLILLO

Bolillo bun with chicken chorizo, mozzarella, and tomato sauce.



#### 3/21 BEEF CHILI NACHOS

We modified our house-made Chili Con Carne recipe from January's menu and removed the beans based on student feedback.