

**FREE**  
for ALL  
Students

# MARCH 2024

## CA Prep Academy Breakfast

WHAT DID  
THE STAND UP  
PADDLE BOARDER  
EAT BEFORE  
BED?



Monday

Tuesday

Wednesday

Thursday

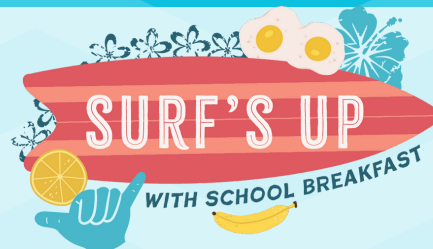
Friday

Offered Daily

GF Honey  
Cheerios  
Cereal

Vegetarian GF Gluten Free  
Contains Pork

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



1  
Mini  
Cinnis

GF Cinnamon  
Rice Chex  
Cereal

4  
Mini Apple  
Breakfast  
Bites

5  
Maple  
Waffle

6  
Oatmeal  
Chocolate Chip  
Bar

7  
Wild  
Blueberry  
Waffle

8  
Mini  
Cinnis

**CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!**

GF Honey  
Cheerios  
Cereal

11  
Mini Apple  
Breakfast  
Bites

12  
Maple  
Waffle

13  
Oatmeal  
Chocolate Chip  
Bar

14  
Wild  
Blueberry  
Waffle

15  
Mini  
Cinnis

GF Cinnamon  
Rice Chex  
Cereal

18  
Mini Apple  
Breakfast  
Bites

19  
Maple  
Waffle

20  
Oatmeal  
Chocolate Chip  
Bar

21  
Wild  
Blueberry  
Waffle

22  
Mini  
Cinnis

GF Honey  
Cheerios  
Cereal

25  
Mini Apple  
Breakfast  
Bites

26  
Maple  
Waffle

27  
Oatmeal  
Chocolate Chip  
Bar

28  
Wild  
Blueberry  
Waffle

29  
Mini  
Cinnis

**Fruits & Milk with Meal**

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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for ALL  
Students

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

# MARCH 2024 CA Prep Academy Lunch

**SUP-PER!**



Monday

Tuesday

Wednesday

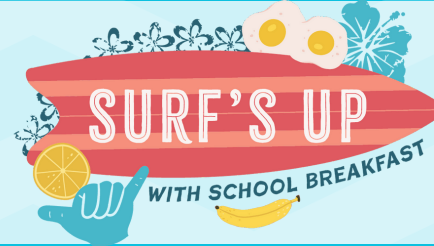
Thursday

Friday

Offered Daily

Galaxy Cheese  
Pizza

Vegetarian GF Gluten Free  
Vegan House Made  
Contains Pork



1  
Housemade  
Bolognese  
Pasta

Cheese  
Croissant  
Sandwich

4  
Mozzarella  
Crunchers

5  
GF Chicken  
Taqitos

6  
Crispy Chicken  
Filet Sandwich

7  
Cheeseburger  
Sliders

8  
Mandarin  
Orange Chicken  
w/ Chow Mein

## CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

Cheesy Pull  
Apart Bread

11  
Kickin'  
Nuggets w/  
Roll

12  
GF Make Your  
Own Nachos

13  
Crispy Chicken  
Drumstick w/  
Waffles

14  
Chicken Double  
Dogs\*

*\*no nitrites or nitrates*

15  
Meatballs  
with Pasta

Galaxy Cheese  
Pizza

18  
Macaroni &  
Cheese

19  
Crispy Beef &  
Cheese Taco  
Salsa Cup  
(optional)

20  
Cheese Ravioli  
w/ Marinara  
Sauce



21  
Hamburger

22  
GF Teriyaki  
Chicken w/  
Brown Rice

Bean & Cheese  
Burrito

25  
Mozzarella  
Pinwheel

26  
GF Make Your  
Own Nachos

27  
Chicken  
Tenders w/  
Cornbread  
Poppers

28  
Chicken  
Pretzel Dog\*

*\*no nitrites or nitrates*



29  
BBQ Pork Rib  
Sandwich

### Fruits, Veggies & Milk with Meal

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

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

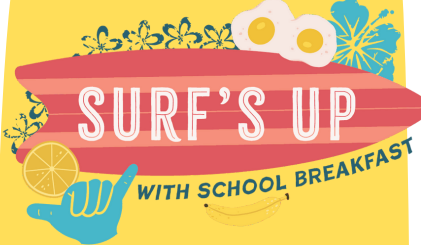
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## NATIONAL SCHOOL BREAKFAST WEEK! MARCH 4-8



## RIDE THE WAVE OF SUCCESS WITH SCHOOL BREAKFAST!

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.



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

### 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!

### EAT GREEN IN MARCH!

How many green fruits and veggies have you tried on this list?

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



## BREAKFAST RECIPE CONTEST

To celebrate National School Breakfast Week, students are invited to submit their favorite breakfast recipe into our Healthy Recipe Contest!

- Recipes must contain 5 ingredients or less; seasonings do not count
- Recipes must contain a fruit and/or a vegetable.
- Entries must include: Student's name, teacher's name, school name, grade.
- The recipe must include a title, ingredient list, instructions and servings. Also, include a photograph or drawing of the dish along with a brief paragraph of the recipe's story: who taught you how to make it, how you came up with the recipe, why you like it, family history, etc.



Recipes must be submitted by March 8, 2024

Entries may be submitted to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, Attn: Recipe Contest. Or they may be mailed to 32972 Calle Perfecto San Juan Capistrano, CA 92675

3 District-wide winners will win a prize! Prizes may include a skateboard, headphones, sunglasses, Stanley water bottle, and more! Recipes will be judged on taste, nutrition, creativity/originality and recipe story.

New!

#### 3/4 WIPEOUT WAFFLE CHICKEN BITES

Chicken chunks with waffle flavored breading.

#### 3/5 CHEESE PIZZA SURF STICK

Bread stick filled with mozzarella and marinara.

#### 3/6 TUBULAR TACO

Crispy taco with chicken sausage, cheese, and potato.

#### 3/7 GOLDEN WAVE CHEESY CORN MUFFIN

Housemade corn muffin with whole corn and cheese.

#### 3/8 HANG TEN HASH BROWN

Hash brown stuffed with cheese and egg.

#### 3/20 CHEESE RAVIOLE W/ MARINARA SAUCE

Cheese ravioli topped with marinara and mozzarella.

#### 3/25 STRAWBERRY BELGIAN WAFFLE

Whole wheat waffle flavored with strawberry.

#### 3/29 BBQ PORK RIB SANDWICH

Sadie Rose Hoagie Bun with BBQ Pork Patty.

## MARCH

3/4

Read Across  
America Day



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

3/4-3/8

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.