

FREE
for ALL
Students

MARCH 2024

Capistrano Virtual Breakfast

WHAT DID
THE STAND UP
PADDLE BOARDER
EAT BEFORE
BED?



Offered Daily

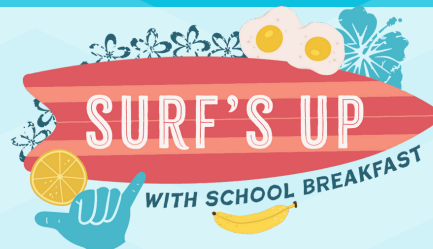
GF Honey
Cheerios
Cereal

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*

Follow Us! @capofood



FREE
for ALL
Students

MARCH 2024

Capistrano Virtual Lunch

SUP-PER!



Offered Daily					
Monday	Tuesday	Wednesday	Thursday	Friday	
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 Taquitos	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* <small>*no nitrites or nitrates</small>	15 Meatballs with Pasta
Galaxy Cheese Pizza	18 Macaroni & Cheese	19 Crispy Beef & Cheese Taco Salsa Cup (optional)	20 Cheese Ravioli w/ Marinara Sauce <small>NEW</small> <small>NATIONAL RAVIOLI DAY</small>	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* <small>*no nitrites or nitrates</small> <small>BASEBALL OPENING DAY</small>	29 BBQ Pork Rib Sandwich <small>NEW</small>

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

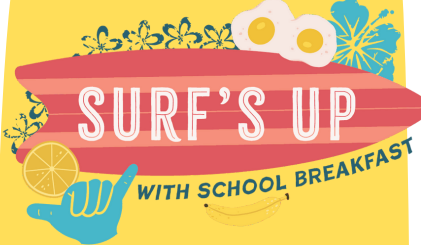
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NATIONAL SCHOOL BREAKFAST WEEK! MARCH 4-8



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 RAVIOLI 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.