

FREE
for ALL
Students



MARCH 2025 Elementary Lunch



Offered Daily



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|--|--|---|--|
| <p>3</p> <p>Bean & Cheese Burrito</p> | <p>4</p> <p>Mozzarella Crunchers</p> | <p>5</p> <p>GF Chicken Tamale</p> | <p>6</p> <p>Pepperoni Pizza Wedge</p> | <p>7</p> <p>Mandarin Orange Chicken w/ Chow Mein</p> |
| <p>10</p> <p>Galaxy Cheese Pizza</p> | <p>11</p> <p>Kickin' Sandwich</p> | <p>12</p> <p>Crispy Chicken Tenders w/ Cornbread Poppers</p> <p><i>*no antibiotics ever</i></p> | <p>13</p> <p>Cheeseburger Sliders</p> | <p>14</p> <p>Spaghetti w/ Meatballs</p> |
| <p>17</p> <p>Cheese Croissant Sandwich</p> | <p>18</p> <p>Macaroni & Cheese</p> | <p>19</p> <p>Crispy Chicken Drumstick w/ Waffles</p> <p>Lettuce, Cheese & Tomato Cup (side)</p> | <p>20</p> <p>Chicken Double Dogs*</p> <p><i>*no nitrites or nitrates</i></p> | <p>21</p> <p>GF Teriyaki Chicken w/ Brown Rice</p> |
| <p>24</p> <p>Cheese Pizza Wedge</p> | <p>25</p> <p>Kickin' Nuggets w/ Roll</p> | <p>26</p> <p>NEW Make Your Own Bao Bun w/ Teriyaki Chicken</p> | <p>27</p> <p>Hamburger on Potato Brioche Bun</p> <p>Lettuce & Tomato Cup (side)</p> | <p>28</p> <p>Bolognese Spaghetti</p> |
| <p>31</p> <p>Bean & Cheese Burrito</p> | <p>Mozzarella Crunchers</p> | <p>Fruits, Veggies & Milk with Meal</p> <p>Fruits & Veggies May Include: Granny Smith Apple, Tangerine, Organic Banana, Kiwi, Apple Slices, Green Pear, Jujube, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Organic Sugar Snap Peas</p> <p>1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i></p> | | |

Vegetarian
 Gluten Free
 Vegan

Contains Pork
 One Health Cert.
 Locally Baked

House-Made
 Grass-fed Beef, Regenerative Ranch
 Contains Sesame

Follow Us! @capofood
*capistrano.healtheliving.net

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



FREE
for ALL
Students

MARCH 2025
Elementary Breakfast

BECAUSE THEY
ALWAYS KEEP
THEIR EYES
PEELED!



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Cinnamon
Rice Chex
Cereal

3 GF Vanilla Greek
Yogurt w/ GF
Granola
Berry Mysterious
Medley Fruit Cup

4 **NEW** Secret
Agent Cinnamon
Pancake Stack
Berry Mysterious
Medley Fruit Cup

5 **NEW** Undercover
Croissant
Sandwich (Chicken
Sausage & Cheese)

6 **NEW** Case-Cracking
Cheesy Hash Brown
Potato Bake

7 **NEW** Top Secret
Banana
Muffin

CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

GF Honey
Cheerios
Cereal

10 Blueberry
Muffin

11 Sunrise
Sandwich
(beef)

12 Maple
Waffle

13 Plain Bagel
w/ Cream
Cheese

14 Mini
Cinnis

GF Cinnamon
Rice Chex
Cereal

17 GF Vanilla Greek
Yogurt w/ GF
Granola

18 Chicken
Sausage
Pancake
Sandwich

19 French Toast
Sticks

20 **NEW** Everything
Bagel
w/ Cream
Cheese

21 Pancake
Bites

GF Honey
Cheerios
Cereal

24 Blueberry
Muffin

25 Sunrise
Sandwich
(beef)

26 Maple
Waffle

27 Plain Bagel
w/ Cream
Cheese

28 Mini
Cinnis

GF Cinnamon
Rice Chex
Cereal

31 GF Vanilla Greek
Yogurt w/ GF
Granola

Fruits & Milk with Meal
Fruits May Include: Granny Smith Apple, Tangerine, Organic Banana, Kiwi, Apple Slices, Green Pear, Strawberries, Applesauce, Apple Crisps
1% Milk* & Nonfat Chocolate Milk*
**made from cows not treated with rBST*

Vegetarian
GF Gluten Free

Contains Pork
 House-Made

Contains Sesame

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CAPO CRUNCH

NATIONAL SCHOOL BREAKFAST WEEK MARCH 3-7



GLUE IN TO 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!

New!

3/4 SECRET AGENT CINNAMON PANCAKE STACK

2 golden brown whole grain pancakes with a butter and cinnamon glaze in between.



3/5 UNDERCOVER CROISSANT SANDWICH

Chicken sausage and cheese on a whole grain croissant.



3/6 CASE-CRACKING CHEESY HASH BROWN POTATO BAKE

Hash browns baked with a white cheese sauce.

3/20 EVERYTHING BAGEL

Freshly baked bagel with poppy seed, sesame seed, garlic & onion flavor. Flavor picked based on survey created by Canyon Vista student council!

3/7 TOP SECRET BANANA MUFFIN

Whole grain banana muffin.



March Fruit & Veggies

Granny Smith Apples & Red Apple Slices

Contain fiber which is good for your gut and heart.



Pear

Contains fiber which supports our digestive system.

Organic Banana

Contain potassium which keeps our heart healthy.



Tangerine

Contain Vitamin C which boosts our immune system.



Kiwi

Vitamin C-packed, supports immune health, and aids digestion.



Local Jujube

Rich in vitamin C, antioxidants, and fiber. Supports immunity and digestion.



Carrots

Contain Vitamin A which keeps eyes healthy.



Edamame

Also known as soybeans and are higher in protein than most vegetables.



Broccoli

A good source of calcium. It has as much calcium per gram as milk!



Jicama

Contains fiber which is good for your gut and heart. Contains Vitamin C, too!



Celery

Made up of 95% water! Also contains fiber which is good for your gut and heart.



Organic Snap Sugar Peas

Crunchy and sweet rich in fiber and Vitamin C.

MARCH

3/2

Read Across America Day



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

3/3-3/7

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.