

**FREE**  
for ALL  
Students



# MARCH 2025 Hankey TK-8 Lunch



**Offered Daily**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

<p><b>Bean &amp; Cheese Burrito</b> 🌿</p> <p>Cheese 🌿 or Pepperoni Ⓜ Pizza (middle school only)</p>	3	<p><b>Mozzarella Crunchers</b> 🌿</p>	4	<p><b>Crispy Chicken Filet</b> 🌿</p> <p>Sandwich on Brioche Bun</p>	5	<p><b>GF Chicken Tamale</b></p>	6	<p><b>Pepperoni Pizza Wedge</b> Ⓜ</p>	7	<p><b>Mandarin Orange Chicken w/ Chow Mein</b></p>
<p><b>Galaxy Cheese Pizza</b> 🌿</p> <p>Cheese 🌿 or Pepperoni Ⓜ Pizza (middle school only)</p>	10	<p><b>Kickin' Sandwich</b> 🌿 Ⓜ</p>	11	<p><b>Crispy Chicken Tenders w/ Cornbread Poppers</b></p>	12	<p><b>GF Chicken Taquitos</b></p> <p><i>*no antibiotics ever</i></p>	13	<p><b>Cheeseburger Sliders</b></p>	14	<p><b>Spaghetti w/ Meatballs</b> 🍴</p>
<p><b>Cheese Croissant Sandwich</b> 🌿</p> <p>Cheese 🌿 or Pepperoni Ⓜ Pizza (middle school only)</p>	17	<p><b>Macaroni &amp; Cheese</b> 🌿</p>	18	<p><b>Crispy Chicken Drumstick w/ Waffles</b></p>	19	<p><b>Crunchy Beef &amp; Cheese Taco</b></p> <p>Lettuce, Cheese &amp; Tomato Cup (side)</p>	20	<p><b>Chicken Double Dogs*</b></p> <p><i>*no nitrates or nitrites</i></p>	21	<p><b>GF Teriyaki Chicken w/ Brown Rice</b> 🍴</p>
<p><b>Cheese Pizza Wedge</b> 🌿</p> <p>Cheese 🌿 or Pepperoni Ⓜ Pizza (middle school only)</p>	24	<p><b>Kickin' Nuggets w/ Roll</b> 🌿</p>	25	<p><b>Make Your Own Bao Bun w/ Teriyaki Chicken</b></p> <p><b>NEW</b></p>	26	<p><b>GF Make Your Own Nachos</b></p>	27	<p><b>Hamburger on Potato Brioche Bun</b> 🌿</p> <p>Lettuce &amp; Tomato Cup (side)</p>	28	<p><b>Bolognese Spaghetti</b> 🍴</p>

**Bean & Cheese Burrito** 🌿

Cheese 🌿 or Pepperoni Ⓜ Pizza  
(middle school only)

31 **Mozzarella Crunchers** 🌿

**Fruits, Veggies & Milk with Meal**

**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

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

🌿 Vegetarian  
GF 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**  
**Hankey TK-8 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.