

FREE
for ALL
Students

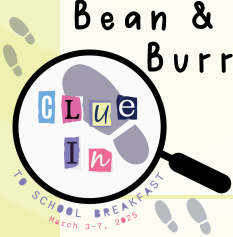
****Whole Grain Tortilla Chips are available as an additional item for grades 9-12 on Mondays, Wednesdays & Fridays****



MARCH 2025 LUNCH
Capistrano Virtual TK-8 & CA. Prep Academy



Offered Daily



Monday

Tuesday

Wednesday

Thursday

Friday

3
Bean & Cheese Burrito 🌿

4
Mozzarella Crunchers 🌿

5
Crispy Chicken Filet 🌿
Sandwich on Brioche Bun

6
GF Chicken Tamale

7
Pepperoni Pizza Wedge (P)

8
Mandarin Orange Chicken w/ Chow Mein

9
Galaxy Cheese Pizza 🌿

10
Kickin' Sandwich 🌿 (S)

11
Crispy Chicken Tenders w/ Cornbread Poppers

12
GF Chicken Taquitos
**no antibiotics ever*

13
Cheeseburger Sliders

14
Spaghetti w/ Meatballs 🍴

16
Cheese Croissant Sandwich 🌿

17
Macaroni & Cheese 🌿

18
Crispy Chicken Drumstick w/ Waffles

19
Crunchy Beef & Cheese Taco
Lettuce, Cheese & Tomato Cup (side)

20
Chicken Double Dogs*
**no nitrites or nitrates*

21
GF Teriyaki Chicken w/ Brown Rice 🍴

23
Cheese Pizza Wedge 🌿

24
Kickin' Nuggets w/ Roll 🌿

25
Make Your Own Bao Bun w/ Teriyaki Chicken **NEW**

26
GF Make Your Own Nachos

27
Hamburger on Potato Brioche Bun 🌿
Lettuce & Tomato Cup (side)

28
Bolognese Spaghetti 🍴

30
Bean & Cheese Burrito 🌿

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

(P) Contains Pork
🌿 One Health Cert.
👤 Locally Baked

🍴 House-Made
🐄 Grass-fed Beef, Regenerative Ranch
(S) 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 BREAKFAST
Capistrano Virtual TK-8 &
CA. Prep Academy

BECAUSE THEY
ALWAYS KEEP
THEIR EYES
PEELED!



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Cinnamon
Rice Chex
Cereal

3

Maple
Waffle

Berry Mysterious
Medley Fruit Cup

4

Blueberry
Muffin

Berry Mysterious
Medley Fruit Cup

5

GF Vanilla Greek
Yogurt w/ GF
Granola

6

Blueberry
Waffle

7

Mini
Cinnis

CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

10

GF Honey
Cheerios
Cereal

Maple
Waffle

11

Blueberry
Muffin

12

GF Vanilla Greek
Yogurt w/ GF
Granola

13

Blueberry
Waffle

14

Mini
Cinnis

17

GF Cinnamon
Rice Chex
Cereal

Maple
Waffle

18

Blueberry
Muffin

19

GF Vanilla Greek
Yogurt w/ GF
Granola

20

Blueberry
Waffle

21

Mini
Cinnis

24

GF Honey
Cheerios
Cereal

Maple
Waffle

25

Blueberry
Muffin

26

GF Vanilla Greek
Yogurt w/ GF
Granola

27

Blueberry
Waffle

28

Mini
Cinnis

31

GF Cinnamon
Rice Chex
Cereal

Maple
Waffle

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

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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.