

FREE
for ALL
Students



MARCH 2026
Capistrano Virtual 6-8 Lunch

WHAT'S A
CALENDAR'S
FAVORITE FOOD?



	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily	2 Cheese Quesadilla <i>(Contains Coconut Oil)</i>	3 Crispy Chicken Drumstick w/ Waffles	4 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	5 Chicken Pretzel Dog* <i>*no nitrites or nitrates added</i>	6
	9 Cheese Pizza Wedge	10 Chicken Dumplings w/ Teriyaki S	11 GF Make Your Own Nachos	12 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	13
	16 Bean & Cheese Burrito	17 Crispy Chicken Filet Sandwich on Brioche Bun U	18 GF Chicken Taquitos* <i>*no antibiotics ever</i>	19 Pepperoni Pizza Wedge P	20
	23 Galaxy Cheese Pizza	24 Crispy Chicken Tenders w/ Cornbread Poppers	25 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	26 Hamburger Sliders	27
	30 Cheese Quesadilla <i>(Contains Coconut Oil)</i>	31 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	V Vegetarian VG Vegan GF Gluten Free P Contains Pork S Contains Sesame	GR Grass-fed Beef, Regenerative Ranch U One Health Cert. LM Locally Made HM House Made FB Freshly Baked	

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple Slices, Baby Carrots, Broccoli, Celery Sticks, Edamame, Green Pear, Jicama Sticks, Kiwi, Locally Grown Dates, Locally Grown Garden Fresh Side Salad, Organic Fuji Apple, Persian Cucumber, Tangerines, Tater Tots, Yellow Corn

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

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capistrano.healtheliving.net



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

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Students



MARCH 2026
Capistrano Virtual 6-8 Breakfast

DATES.



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Cinnamon
Chex
Cereal



the quest for
SCHOOL BREAKFAST



CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

2

3 Castle Kitchen
Mini Cheese
Pizza Slices

NEW

4 Royal
Strawberry
Cream Scroll

NEW

5 Enchanted
Blueberry
Bagel w/ Cream
Cheese

6

GF Honey
Cheerios
Cereal

9

10 Sunrise
Sandwich **P**

11

Maple
Waffle

12

Plain Bagel
w/ Cream
Cheese

13

GF Cinnamon
Chex
Cereal

16

17 Chicken
Sausage
Pancake
Sandwich

18

French
Toast
Sticks

19

Blueberry
Bagel
w/ Cream
Cheese

20

GF Honey
Cheerios
Cereal

23

24 Sunrise
Sandwich **P**

25

Maple
Waffle

26

Plain Bagel
w/ Cream
Cheese

27

GF Cinnamon
Chex
Cereal

30

31 Chicken
Sausage
Pancake
Sandwich

V Vegetarian **B** Freshly Baked
GF Gluten Free **P** Contains Pork

Fruits & Milk with Meal

Fruits May Include: Applesauce, Apple Slices, Green Pear, Jujubes, Kiwi, Organic Fuji Apple, Organic Red Rio Grapefruit, Organic Strawberries, Strawberry Apple Crisps, Tangerines

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

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NATIONAL SCHOOL BREAKFAST WEEK MARCH 2-6



the quest for school breakfast

THE QUEST FOR 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!

3/3 CASTLE KITCHEN MINI CHEESE PIZZA SLICES

3 whole grain mini cheese pizza slices.



3/4 ROYAL STRAWBERRY CREAM SCROLL

A royal pastry filled with smooth cream and strawberry goodness - perfect fuel for the Quest.



3/6 KING'S FEAST WAFFLES & ALL-NATURAL CHICKEN SAUSAGE

2 waffles with 2 Jones all-natural no nitrates or nitrates sausage links.



HARVEST OF THE MONTH: DATES

Dates are a **sweet and chewy fruit** that comes from a date palm tree. They taste a bit like **caramel**, but they pack a lot of nutrition!

Dates are a good source of **fiber** for your tummy and **potassium** for your heart.

Eat around the pit in the middle, like a peach or a plum.



New Fruits & Veggies For March!



Organic Fuji Apples

Contain fiber which is good for your gut and heart.



Green Pear

Contains fiber which supports our digestive system.



Locally Grown Dates

Grown in Thermal, CA. Full of fiber for your heart and gut.



Local Jujube

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



Locally Grown Persian Cucumber

They're 95% water and stay very cool on the inside, which is where the expression "cool as a cucumber" comes from.



Locally-Grown Garden Fresh Side Salad

Made with organic spring mix from The Ecology Center in San Juan Capistrano! Full of Vitamin K for your bones and blood clotting.



Organic Strawberries

Contain vitamin C, antioxidants, and fiber, supporting immune health and digestion.



Locally Grown & Organic Red Rio Grapefruit

Its red color comes from lycopene, which helps prevent disease and keeps us healthy. Also packed with vitamin C.



Kiwi

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



Tangerine

Contain Vitamin C which boosts our immune system.

MARCH



National Nutrition Month®

Discover the Power of Nutrition this March! You can power your day with nutrition by choosing healthful foods from all food groups.

3/2

Read Across America Day



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

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.