

FREE
for ALL
Students



MARCH 2026 Elementary 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 GF Teriyaki Chicken w/ Brown Rice
	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 Bolognese Spaghetti
	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 Mandarin Orange Chicken w/ Chow Mein
	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 Trombe Pasta w/ Meatballs U
	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	RF 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*

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 2026
Elementary Breakfast



Offered Daily

GF Cinnamon Chex Cereal



the quest for school breakfast

Monday

2 GF Royal Greek Vanilla Yogurt w/ GF Golden Granola



Tuesday

3 Castle Kitchen Mini Cheese Pizza Slices

NEW

Wednesday

4 Royal Strawberry Cream Scroll

NEW

Thursday

5 Enchanted Blueberry Bagel w/ Cream Cheese

Friday

6 King's Feast Waffles & All-Natural Chicken Sausage*

NEW

*no nitrites or nitrates

CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

GF Honey Cheerios Cereal

9 Blueberry Muffin

10 Sunrise Sandwich

11 Maple Waffle

12 Plain Bagel w/ Cream Cheese

13 Mini Cinnis

GF Cinnamon Chex Cereal

16 GF Vanilla Greek Yogurt w/ GF Granola

17 Chicken Sausage Pancake Sandwich

18 French Toast Sticks

19 Blueberry Bagel w/ Cream Cheese

20 Pancake Bites

GF Honey Cheerios Cereal

23 Blueberry Muffin

24 Sunrise Sandwich

25 Maple Waffle

26 Plain Bagel w/ Cream Cheese

27 Mini Cinnis

GF Cinnamon Chex Cereal

30 GF Vanilla Greek Yogurt w/ GF Granola

31 Chicken Sausage Pancake Sandwich

Vegetarian Freshly Baked
GF Gluten Free 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

 Follow Us! @capofood
 capistrano.healtheliving.net





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.