

FREE
for ALL
Students



MARCH 2026 Hankey TK-8 Lunch

WHAT'S A
CALENDAR'S
FAVORITE FOOD?



Offered Daily					
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Cheese Quesadilla (Contains Coconut Oil)	3 Crispy Chicken Drumstick w/ Waffles	4 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	5 Chicken Pretzel Dog* *no nitrites or nitrates added	6 GF Teriyaki Chicken w/ Brown Rice	
9 Cheese Pizza Wedge	10 Kickin' Nuggets w/ Roll	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 Mozzarella Crunchers	18 Crispy Chicken Filet Sandwich on Brioche Bun	19 GF Chicken Taquitos* *no antibiotics ever	20 Pepperoni Pizza Wedge	21 Mandarin Orange Chicken w/ Chow Mein
23 Galaxy Cheese Pizza	24 Kickin' Sandwich	25 Crispy Chicken Tenders w/ Cornbread Poppers	26 Make Your Own Chicken Soft Tacos* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	27 Hamburger Sliders	28 Trombe Pasta w/ Meatballs
30 Cheese Quesadilla (Contains Coconut Oil)	31 Macaroni & Cheese	32 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	- Vegetarian - Vegan - GF Gluten Free - Contains Pork - Contains Sesame - Grass-fed Beef, Regenerative Ranch - One Health Cert. - Locally Made - House Made - 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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MARCH 2026 Hankey TK-8 Breakfast

DATES.



Offered Daily					
Monday	Tuesday	Wednesday	Thursday	Friday	
GF Cinnamon Chex Cereal the quest for school breakfast	2 GF Royal Greek Vanilla Yogurt w/ GF Golden Granola 	3 Castle Kitchen Mini Cheese Pizza Slices NEW	4 Royal Strawberry Cream Scroll NEW	5 Enchanted Blueberry Bagel w/ Cream Cheese	6 King's Feast Waffles & All-Natural Chicken Sausage* *no nitrites or nitrates NEW
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		

CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!

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



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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.