

**FREE**  
for ALL  
Students



# MARCH 2026 Preschool Lunch

WHAT'S A  
CALENDAR'S  
FAVORITE FOOD?



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Offered Daily</b>	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 Cheese Quesadilla <i>(Contains Coconut Oil)</i>	6 GF Teriyaki Chicken w/ Brown Rice
	9 Cheese Pizza Wedge	10 Chicken Dumplings w/ Teriyaki <b>S</b>	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 <b>T</b>	18 GF Chicken Taquitos* <i>*no antibiotics ever</i>	19 Pepperoni Pizza Wedge <b>P</b>	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 <b>T</b>
	30 Cheese Quesadilla <i>(Contains Coconut Oil)</i>	31 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	<b>V</b> Vegetarian <b>VG</b> Vegan GF Gluten Free <b>P</b> Contains Pork <b>S</b> Contains Sesame	<b>C</b> Grass-fed Beef, Regenerative Ranch <b>T</b> One Health Cert. <b>L</b> Locally Made <b>H</b> House Made <b>F</b> Freshly Baked	

**Fruits, Veggies & Milk with Meal**

**Fruits & Veggies May Include:** Apple Slices, Baby Carrots, Broccoli, Edamame, Green Pear, Jicama Sticks, Kiwi, 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 Preschool Breakfast

**DATES.**



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal	2 GF Royal Greek Vanilla Yogurt w/ GF Golden Granola	3 Castle Kitchen Mini Cheese Pizza Slices	4 Royal Strawberry Cream Scroll	5 Enchanted Blueberry Bagel w/ Cream Cheese	6 King's Feast Waffles & All-Natural Chicken Sausage* <small>*no nitrites or nitrates</small>
GF Honey Cheerios Cereal	9 Blueberry Muffin	10 Sunrise Sandwich	11 Maple Waffle	12 Plain Bagel w/ Cream Cheese	13 GF Honey Cheerios Cereal
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 GF Honey Cheerios Cereal
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, Kiwi, Organic Fuji Apple, Organic Red Rio Grapefruit, Organic Strawberries, Strawberry Apple Crisps, Tangerines

**1% Milk\* & Nonfat Milk\***  
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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.