

**FREE**  
for ALL  
Students

# MARCH 2023 Hankey K-8 Lunch

WHY DID THE  
CUCUMBER  
CROSS THE  
STREET?



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Offered Daily**

**GF Yogurt\* & Granola**

*\*made from cows not treated with rBST*

Middle School:  
Pizza Hut Pizza

Vegetarian GF Gluten Free  
 Vegan House Made  
 Contains Pork **\*\*Locally Grown**

**Galaxy Cheese Pizza**

Middle School:  
Pizza Hut Pizza

6 **Kickin' Nuggets w/ Roll**

7 **Beef & Cheese Taco Stick**

1 **Crispy Chicken Filet\* Sandwich**

*\*no antibiotics ever*

2 **Cheese Lasagna**

3 **Chicken Pretzel Dog\***

*\*no nitrites or nitrates*

**Loco Burrito**

Middle School:  
Pizza Hut Pizza

13 **Macaroni & Cheese**

14 **GF Make Your Own Nachos**

15 **Cheeseburger Sliders**

16 **Chicken & Cheese Flatbread Sandwich**

17 **Bolognese Pasta**

**Cheese Croissant Sandwich**

Middle School:  
Pizza Hut Pizza

20 **All American Hamburger**

21 **Beef Chili Nachos**

**NEW**

22 **Crispy Chicken Drumstick w/ Waffles**

23 **Chicken Double Dogs\***

*\*no nitrites or nitrates*

24 **Island Hoagie**

**GF Yogurt\* & Granola**

*\*made from cows not treated with rBST*

Middle School:  
Pizza Hut Pizza

27 **Mozzarella Crunchers**

28 **GF Make Your Own Nachos**

29 **Crispy Chicken Filet\* Sandwich**

*\*no antibiotics ever*

30 **GF Chicken Taquitos**

31 **Penne w/ Meatballs**

**Fruits, Veggies & Milk with Meal**

Follow Us! @capofood

[capistrano.healtheliving.net](http://capistrano.healtheliving.net)

**Fruits & Veggies May Include:** Apple, Pear, Orange\*\*, Banana, Raisins, Fruit Cup, Kiwi\*\*, Tangerine, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Garden Side Salad, Celery, Zucchini\*\*, Cucumber.

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

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

**CAPO CUISINE**

**FREE**  
for ALL  
Students

# MARCH 2023 Hankey K-8 Breakfast

...BECAUSE IT  
WAS GREEN!



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal	<div>Vegetarian</div> <div>Contains Pork</div> <div>GF Gluten Free</div> <div>**Locally Grown</div> <div><i>This institution is an equal opportunity provider. Menu is subject to change without notice.</i></div>	1 <div>Sunrise Sandwich</div>	2 <div>Chicken Sausage Pancake Sandwich</div>	3 <div>Mini Cinnis</div>	
GF Blueberry Chex Cereal	6 <div>Oatmeal w/ Brown Sugar &amp; Cinnamon</div>	7 <div>Aloha Sandwich (Beef)</div>	8 <div>Cinnamon Glazed French Toast Sticks</div>	9 <div>Pancake &amp; Turkey Sausage Stick</div>	10 <div>Cheesy Chorizo Bolillo (Chicken)</div>
CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!					
GF Cinnamon Rice Chex Cereal	13 <div>Oatmeal Chocolate Chip Bar</div>	14 <div>Mini Apple Breakfast Bites</div>	15 <div>Breakfast Pizza Bagel</div>	16 <div>Buttery Maple Waffle</div>	17 <div>Mini Cinnis</div>
GF Honey Cheerios Cereal	20 <div>Oatmeal Chocolate Chip Bar</div>	21 <div>Sunrise Sandwich</div>	22 <div>Apple Spice Frudel</div>	23 <div>Chicken Sausage Pancake Sandwich</div>	24 <div>Mini Cinnis</div>
GF Cinnamon Rice Chex Cereal	27 <div>Oatmeal Chocolate Chip Bar</div>	28 <div>Aloha Sandwich (Beef)</div>	29 <div>Strawberry Cream Cheese Bagel</div>	30 <div>Pancake &amp; Turkey Sausage Stick</div>	31 <div>Mini Cinnis</div>

## Fruits & Milk with Meal

Fruits May Include: Apple, Pear, Orange\*\*, Kiwi\*\*, Tangerine, Banana, Raisins, Fruit Cup, Seasonal Fruit

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

Follow Us! @capofood  
capistrano.healtheliving.net

CAPO CUISINE



*Hi there!* Welcome to Capo Crunch! Join us every month for menu updates, wellness tips, nutrition knowledge & more!

### WHAT DOES THE WHISK MEAN?



If you see a whisk symbol next to a menu item, it means this item was house-made in the CUSD central kitchen!

Did you know our central kitchen in San Juan Capistrano produces and packages food daily for all 35 of CUSD's elementary schools?

We are always pushing for progress and appreciate community support for more scratch cooking!

### HIRING FAIR

FOOD & NUTRITION SERVICES

**On-site Application, Screening & Interviewing for Food Service Professional Positions!**  
Refreshments Provided

**2**  
**MARCH**

**8:00 AM - 11:00 AM**  
CUSD Central Kitchen  
32972 Calle Perfecto, SJC

- Benefits Available
- No Experience Needed, Training Provided
- Work While Your Children are in School
- Enjoy Nights, Weekends, Holidays & Summer Off
- Paid Vacation, Sick Days, and Holidays

*New!*

#### WEEK OF 3/6 BLUEBERRY CHEX CEREAL

Rice Chex dusted with sweet blueberry flavor.



#### 3/6 OATMEAL W/ BROWN SUGAR & CINNAMON

Bowl of oatmeal with brown sugar and cinnamon.



### EAT GREEN ON 3/17!

How many green fruits and vegetables have you tried on the list below? Keep an eye out for green fruits or veggies on Friday, March 17!

- Kiwi\*
- Honeydew
- Green Grapes
- Finger Limes
- Gooseberry
- Pear
- Starfruit
- Lime
- Green Apple
- Celery
- Kale
- Broccoli
- Edamame
- Peas
- Chayote
- Zucchini\*
- Cucumber
- Asparagus

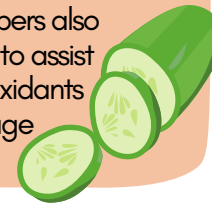


\*locally grown

### HARVEST OF THE MONTH: PERSIAN CUCUMBER

Are You as COOL as a Cucumber?!

Persian Cucumbers are small (4-6 inches), sweet and seedless. They have very thin skins that are not noticeable when eaten. They contain fiber to help digestion, vitamin C to build up the immune system, and potassium to balance fluid levels within the body. Cucumbers also provide manganese and vitamin K to assist in faster wound healing and antioxidants to protect cells against damage caused by free radicals!



## MARCH

**3/2**

*National Read Across America Day*

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

**3/6-3/10**

*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.



### Celebrating NATIONAL SCHOOL BREAKFAST WEEK! MARCH 6-10



CUSD joins school districts nationwide to celebrate National School Breakfast Week!

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.

