

FREE
for ALL
Students



MAY & JUNE 2023 Elementary Lunch



Offered Daily

Galaxy Cheese Pizza	1 Kickin' Nuggets w/ Roll	2 GF Chicken & Chile Verde Tamale	3 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	4 Loaded Cheeseburger Sliders	5 Taco Salad w/ Tostitos Scoops
Loco Burrito	8 Macaroni & Cheese	9 GF Make Your Own Nachos	10 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	11 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	12 Mandarin Orange Chicken w/ Chow Mein
Cheese Croissant Sandwich	15 All American Hamburger	16 GF Chicken* & Cheese Pupusa w/ Salsa & Curtido	17 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	18 Galaxy Pepperoni Pizza (turkey & beef)	19 Penne w/ Meatballs
GF Yogurt* w/ Granola <i>*made from cows not treated with rBST</i>	22 Mozzarella Crunchers	23 GF Make Your Own Nachos	24 Pork Tonkatsu Sandwich w/ Asian Slaw	25 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	26 GF Teriyaki Chicken w/ Brown Rice
Chef's Special	29 NO SCHOOL Memorial Day	30 Beef & Cheese Taco Stick	31 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	1 Turkey & Cheese Sub Sandwich	Vegetarian Vegan GF Gluten Free Contains Pork House Made Contains Sesame

Celebrate your school's lunch heroes on the first Friday in May!

Follow Us! @capofood
capistrano.healtheliving.net

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

Meal Includes Entree, Fruits, Veggies & Milk!



Fruits & Veggies May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Celery.

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



FREE
for ALL
Students



MAY & JUNE 2023 Elementary Breakfast



Offered Daily

GF Cinnamon Rice Chex 🌿	1 Oatmeal Chocolate Chip Bar 🌿	2 Mini Apple Breakfast Bites 🌿	3 Pancake & Turkey Sausage Stick	4 Apple Spice Frudel 🌿	5 Pan Dulce Concha 🌿 CINCO DE MAYO
GF Honey Cheerios 🌿	8 Oatmeal Chocolate Chip Bar 🌿	9 Sunrise Sandwich (P)	10 Buttery Maple Waffle 🌿	11 Chicken Sausage Pancake Sandwich	12 Mini Cinnis 🌿
GF Cinnamon Rice Chex 🌿	15 Oatmeal Chocolate Chip Bar 🌿	16 Aloha Sandwich	17 Strawberry Cream Cheese Bagel 🌿	18 Breakfast Pizza Bagel 🌿	19 Mini Cinnis 🌿
GF Honey Cheerios 🌿	22 Oatmeal Chocolate Chip Bar 🌿	23 Mini Apple Breakfast Bites 🌿	24 Breakfast Pizza Bagel 🌿	25 Chocolate Chip French Toast 🌿	26 Mini Cinnis 🌿
GF Cinnamon Rice Chex 🌿	29 NO SCHOOL Memorial Day	30 Sunrise Sandwich (P)	31 Buttery Maple Waffle 🌿	1 Chef's Special	🌿 Vegetarian GF Gluten Free (P) Contains Pork

Celebrate your school's lunch heroes on the first Friday in May!

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

Meal Includes Entree, Fruits & Milk!



Fruits May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Seasonal Fresh Fruit



1% Milk* & Nonfat Chocolate Milk*

**made from cows not treated with rBST*



📷 Follow Us! @capofood

✨ capistrano.healtheliving.net



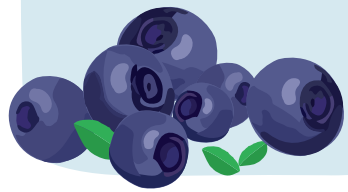
HARVEST OF THE MONTH: BLUEBERRIES

Blueberries are a good source of vitamin C and fiber. Blueberries and other berries like raspberries, strawberries, and blackberries are rich in phytochemicals, which come from plants and may help you stay healthy.

Berries are a great snack on their own! You can also add them to cereal, pancakes, yogurt, smoothies, and salads.

Produce Tips

- Choose fresh blueberries that are plump and have a solid, dark blue color.
- Choose fresh raspberries that are bright and evenly colored.
- Select fresh blackberries that are dry and shiny, without any green or red colors.
- Shop for fresh berries in season to get the best value.
- Frozen berries are also convenient and just as nutritious and delicious as fresh berries!



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

5/2: GF CHICKEN & CHILE VERDE TAMALE

Masa filled with chicken and chile verde filling. Wrapped in an authentic corn husk.



5/5: TACO SALAD WITH TOSTITOS SCOOPS

Celebrate Cinco de Mayo with taco salad! Salad crafted in our central kitchen with spinach and salad greens, taco seasoned beef, black beans, corn, cheddar cheese and pico de gallo served with Ken's Ranch and Tostitos Scoops made with whole ground corn!

5/5: PAN DULCE CONCHA

Celebrate Cinco de Mayo with a whole grain Pan Dulce Concha! Pan Dulce is a colorful Mexican sweet bread traditionally served at breakfast.



5/16: CHICKEN & CHEESE PUPUSA WITH SALSA & CURTIDO

A pupusa is a thick griddle cake or flatbread from El Salvador and Honduras, made with cornmeal, similar to the Colombian and Venezuelan arepa. It is filled with meat, beans, cheese or veggies. It is served with curtido, a Salvadoran cabbage slaw or relish that is made with cabbage, red onion, carrot, oregano, and vinegar.



The curtido is made from scratch in our central kitchen!

5/24: PORK TONKATSU SANDWICH WITH ASIAN SLAW

Tonkatsu is a breaded pork cutlet from Japan. Enjoy a breaded pork cutlet on a hoagie roll with sweet and savory Asian slaw made in our central kitchen.

SUMMER: FREE LUNCH @ THE LIBRARY!

CUSD Food & Nutrition Services and OC Public Libraries are excited to announce the return of Lunch at the Library this summer!

FREE LUNCH FOR ALL KIDS UNDER 18 !

San Juan Capistrano Library
31495 El Camino Real

June 12 - July 20: Monday-Thursday
Noon - 1pm

LIBRARY



MAY

5/2 National Teachers' Day

Every day should be teachers' day! Thank the kind, hardworking, and patient teachers at your school.



5/5 School Lunch Hero Day

Thank the unstoppable heroes at your school. It is because of their commitment to student health that CUSD can offer every student nutritious breakfast and lunch every school day!



5/17 Children's Mental Health Awareness Day

We can all do our part in supporting the mental, social and emotional well-being of children. Help kids stay connected with family and friends, teach mindful breathing practices, or spend time outdoors in nature.



5/29 Memorial Day

Memorial Day is a federal holiday honoring and mourning the U.S. military personnel who have died while serving in the United States armed forces.

