

**FREE**  
for ALL  
Students



**MAY 2024**  
**Journey Breakfast**



**Offered Daily**

GF Honey Cheerios Cereal 🌿	🌿 Vegetarian GF Gluten Free Ⓟ Contains Pork	1 Sunrise Sandwich Ⓟ	2 Blueberry Muffin 🌿	3 Mini Cinnis 🌿	
GF Cinnamon Rice Chex Cereal 🌿	6 Oatmeal Chocolate Chip Bar 🌿	7 Chicken Sausage Pancake Sandwich	8 Maple Waffle 🌿	9 French Toast Sticks 🌿	10 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	13 Oatmeal Chocolate Chip Bar 🌿	14 Mini Apple Breakfast Bites 🌿	15 Aloha Sandwich (beef)	16 Blueberry Waffle 🌿	17 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	20 Oatmeal Chocolate Chip Bar 🌿	21 French Toast Sticks 🌿	22 Pancake Turkey Sausage Stick	23 Maple Waffle 🌿	24 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	27 <b>NO SCHOOL</b> <i>Memorial Day</i>	28 Blueberry Muffin 🌿	29 Mini Apple Breakfast Bites 🌿	30 Chef's Special	31 Mini Cinnis 🌿

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, Banana, Apple Crisps, Seasonal Fresh Fruit

🥛 **1% Milk\* & Nonfat Chocolate Milk\***

*\*made from cows not treated with rBST*



📷 Follow Us! @capofood  
\*capistrano.healtheliving.net



**FREE**  
for ALL  
Students



**MAY 2024**  
**Journey Lunch**



**Offered Daily**

<p>Hummus <sup>S</sup>, Sun Chips &amp; String Cheese <sup>V</sup></p>	<p><sup>V</sup> Vegetarian <sup>H</sup> House Made <sup>V</sup> Vegan GF Gluten Free <sup>P</sup> Contains Pork <sup>S</sup> Contains Sesame</p>	<p>1 Crispy Chicken Drumstick w/ Waffles</p>	<p>2 Cheeseburger Sliders</p>	<p>3 Pasta with Meatballs</p>	
<p>Bean &amp; Cheese Burrito <sup>V</sup></p>	<p>6 Cheesy Quesadilla Triangles <sup>V</sup> <b>NEW</b></p>	<p>7 Chicken Double Dogs* <i>*no nitrites or nitrates</i></p>	<p>8 Crispy Chicken Filet Sandwich</p>	<p>9 Pepperoni Pizza Wedge <sup>P</sup> <b>NEW</b></p>	<p>10 GF Teriyaki Chicken w/ Brown Rice</p>
<p>Cheesy Pull Apart Bread <sup>V</sup></p>	<p>13 Mozzarella Crunchers <sup>V</sup></p>	<p>14 Cheeseburger on Potato Brioche</p>	<p>15 Rotini Bolognese w/ Goldfish Crackers <b>NEW</b></p>	<p>16 Roasted Mary's Chicken Drumstick* w/ Hawaiian Roll Corn Salad (side) <sup>H</sup> <i>*no antibiotics ever</i> <b>NEW</b></p>	<p>17 Chicken Dumplings w/ Sweet &amp; Sour Sauce* <sup>S</sup> <i>*contains anchovy</i></p>
<p>Galaxy Cheese Pizza <sup>V</sup></p>	<p>20 Kickin' Nuggets w/ Roll <sup>V</sup></p>	<p>21 Turkey Ham &amp; Cheese Wrap <b>NEW</b></p>	<p>22 Crispy Chicken Tenders w/ Cornbread Poppers</p>	<p>23 Make Your Own Tacos <sup>H</sup> Lettuce, Tomato &amp; Cheese Cup (side) <b>NEW</b></p>	<p>24 Mandarin Orange Chicken w/ Chow Mein</p>
<p>Cheese Croissant Sandwich <sup>V</sup></p>	<p>27 <b>NO SCHOOL</b> <i>Memorial Day</i></p>	<p>28 Pepperoni Pizza w/ Cheesy Crust <sup>P</sup> <b>NEW</b></p>	<p>29 Rotisserie Chicken* and Cheese Brioche Sandwich <i>*no nitrites or nitrates</i> <b>NEW</b></p>	<p>30 Chef's Special</p>	<p>31 Beef Bulgogi with Brown Rice <sup>S</sup></p>

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, Banana, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Side Salad.

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





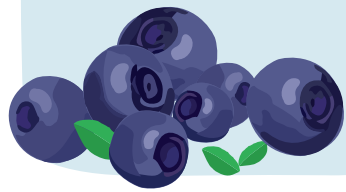
## HARVEST OF THE MONTH: BLUEBERRIES

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!

### 5/6: CHEESY QUESADILLA TRIANGLES

3 triangular quesadillas made with Whole Grain dough and filled with a blend of two cheeses and queso sauce.



### 5/16: ROASTED MARY'S CHICKEN DRUMSTICK W/ HAWAIIAN ROLL

Mary's air chilled, no antibiotic ever chicken drumstick roasted in our central kitchen. Served with a whole grain Hawaiian roll.

### 5/16: CORN SALAD

Freshly prepared in our central kitchen! Corn, tomato, onion, jalapeno, spices, lime, mayonnaise, cheese.



### 5/28: PEPPERONI PIZZA W/ CHEESY CRUST

Whole grain pizza with cheesy bottom crust with uncured pork/beef pepperoni, mozzarella, Romano, and parmesan cheeses.



### 5/9: PEPPERONI PIZZA WEDGE

Whole grain crust with pork and beef pepperoni, mozzarella, provolone, Monterey jack, and pecorino Romano cheeses.



### 5/21: TURKEY HAM & CHEESE WRAP

Whole grain tortilla with turkey ham, American cheese, and mozzarella cheese.



### 5/15: ROTINI BOLOGNESE W/ GOLDFISH CRACKERS

Whole grain pasta with beef Bolognese and whole grain goldfish crackers.



### 5/23: MAKE YOUR OWN TACOS

Scratch made beef taco filling and scratch made beans served with two whole grain tortillas. Students can make their own tacos! Enjoy with a lettuce, tomato, and cheese cup.

### 5/29: ROTISSERIE CHICKEN & CHEESE BRIOCHE SANDWICH

Whole grain brioche bun with nitrite/nitrate free chicken breast and mozzarella cheese. No artificial flavors or colors.



## 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 10 - July 25: Monday-Thursday  
Noon - 1pm**

**LIBRARY**



**MAY**

**5/3 School Lunch Hero Day** 

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

**5/7 Teachers' Appreciation Day**

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



**5/9 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.

**5/27 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.