

FREE
for ALL
Students

MAY 2024
Capistrano Virtual Breakfast



Offered Daily

GF Honey Cheerios Cereal 🌿	This institution is an equal opportunity provider. Menu is subject to change without notice.		1 Oatmeal Chocolate Chip Bar 🌿	2 Blueberry Waffle 🌿	3 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	6 Mini Apple Breakfast Bites 🌿	7 Maple Waffle 🌿	8 Oatmeal Chocolate Chip Bar 🌿	9 Blueberry Waffle 🌿	10 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	13 Mini Apple Breakfast Bites 🌿	14 Maple Waffle 🌿	15 Oatmeal Chocolate Chip Bar 🌿	16 Blueberry Waffle 🌿	17 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	20 Mini Apple Breakfast Bites 🌿	21 Maple Waffle 🌿	22 Oatmeal Chocolate Chip Bar 🌿	23 Blueberry Waffle 🌿	24 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	27 NO SCHOOL <i>Memorial Day</i>	28 Maple Waffle 🌿	29 Oatmeal Chocolate Chip Bar 🌿	30 Blueberry Waffle 🌿	🌿 Vegetarian GF Gluten Free

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

Meal Includes Entree, Fruits & Milk!

Fruits May Include: Apple, Pear, Orange, Banana, Applesauce, Seasonal Fresh Fruit

1% Milk* & Nonfat Chocolate Milk*

**made From cows not treated with rBST*



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Capistrano Virtual Lunch



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

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capistrano.healtheliving.net

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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*





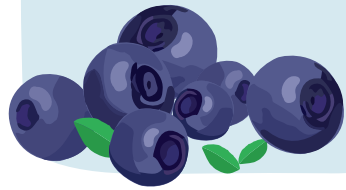
HARVEST OF THE MONTH: BLUEBERRIES

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.