







| Offered Daily Cheese Pizza Wedge | Fruits & Veggies Broccoli, Celery S Orange Slices, O Mandarin Orange | ntree, Fruits, Vegs May Include: Apple Sl Sticks, Cooked Corn, Edd rganic Banana, Organic e, Persian Cucumber, Ta at Chocolate Milk* treated with rBST | Hamburger on Potato Brioche Bun lettuce & Tomato Cup | Bolognese Penne | | | |
|--|---|---|--|--|--|--|--|
| Bean & Cheese Burrito | 5 Mozzarella Crunchers | Grispy Chicken Filet Sandwich O on Brioche Bun | 7 GF Chicken Tamale | Pepperoni Pizza Wedge P | 9 Mandarin Orange Chicken w/ Chow Mein | | |
| Galaxy Cheese Pizza 🌓 | 12 Kickin' Sandwich & ⑤ | 13 Crispy Chicken Tenders w/ Cornbread Poppers | 14 GF Chicken Taquitos | Cheeseburger Sliders | Penne w/ Meatballs / | | |
| Cheese Croissant Sandwich | Macaroni & Cheese | 20 Crispy Chicken Drumstick w/ Waffles | 21 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side) | Chicken Double Dogs* *no nitrites or nitrates | 23 GF Teriyaki Chicken w/ Brown Rice/ | | |
| Cheese Pizza Wedge Celebrate your school's lunch | NO SCHOOL Memorial Day | 27 Chicken Dumplings w/ Teriyaki Sauce (5) | 28 GF Make Your Own Nachos | 29 Hamburger on Potato Brioche Bunc Lettuce & Tomato Cup (side) | 30 Bolognese Penne | | |
| heroes on the first Friday in May! No Vegetarian P Contains Pork Grass-fed Beef, Regenerative Ranch | | | | | | | |

One Health Cert.

Locally Baked

S Contains Sesame

House Made

✓ Vegan

GF Gluten Free

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

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MAY 2025 Elementary Breakfast



| 0 ffer | ed Daily | Meal Includes E | ntree, Fruits & N | 1 | 2 | |
|------------|---|--|---|----------------------------------|----------------------------------|------------------|
| Ch e | Honey erios real N | Organic Banana, O Mandarin Orange, Blueberries 1% Milk* & Nonfo | e: Apple Crisps, Apple S Drange Slices, Organic F Organic Strawberries, at Chocolate Milk* of treated with rBST | Plain Bagel w/Cream Cheese | Mini Cinnis D | |
| Ric | nnamon e Chex real | 5 GF Vanilla Greek Yogurt w/ GF Granola | 6 Chicken Sausage Pancake Sandwich | French Toast Sticks | 8 Blueberry Bagel w/Cream Cheese | 9 Pancake Bites |
| Ch e | Honey erios real D | 12 Blueberry Muffin | Sunrise Sandwich (beef) | Maple Waffle | 15 Plain Bagel w/Cream Cheese | Mini Cinnis |
| Ric | nnamon e Chex real | 19 GF Vanilla Greek Yogurt w/ GF Granola | 20 Chicken Sausage Pancake Sandwich | French Toast Sticks | Plain Bagel w/Cream Cheese | Pancake Bites |
| Ch e Ce | Honey erios real Celebrate your school's lunch eroes on the fire | NO SCHOOL Memorial Day This institution is an ea | Sunrise Sandwich | Maple Waffle | 29 Plain Bagel w/Cream Cheese | Mini Cinnis |

roes on the first Friday in May!

This insti

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Vegetarian
GF Gluten Free







FARM TO SCHOOL: LOCAL PERSIAN CUCUMBERS

Despite their name, Persian cucumbers are believed to have started in **India.**

Sometimes they are called "mini" cucumbers due to their small size - about 4 to 6 inches in length.

Persian cucumbers have lots of **fiber,** which is good for digestion and helps with cholesterol and blood sugar.

They also have lots of **vitamin C** to help your immune system and **vitamin K** for your bones!

Persian cucumbers are known for their **mild sweet flavor** – much less watery than American cucumbers!

Our Persian cucumbers are from Aziz Farms in Thermal, CA!

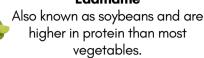
Buying local, seasonal produce means enjoying foods at its peak flavor, supporting local farmers, and making a positive impact on the environment.



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

May Fruit & Veggies

Edamama



Carrots

Contain Vitamin A to keep your eyes healthy.

Broccoli

A good source of calcium. It has as much calcium per gram as milk!

Jicama

Contains fiber which is good for your gut and heart. Contains Vitamin C,

Celery

Made up of 95% water! Also contains fiber which is good for your gut and heart.

Locally Grown Persian Cucumbers

95% water and stay very cool on the inside, which is where "cool as a cucumber" comes from.

LIBRARY

Organic Red, White, & Blueberries

Enjoy delicious berries in honor of Memorial Day!

Organic Fuji Apples & Red Apple Slices

Contain fiber which is good for your gut and heart.

Organic Banana

Contain potassium which keeps our heart healthy.

Orange Slices

Contain Vitamin C which boosts our immune system.

Organic Strawberries

Contain vitamin C, antioxidants, and fiber, supporting immune health and digestion.

Organic Mandarin

Contain vitamin C to support your immune system.



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 16 - August 8: Monday-Friday Noon - 1pm



5/2 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!

5/6 Teachers' Appreciation Day

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

5/7 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.

5/26 Memorial

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.

