

FREE
for ALL
Students

What's a
chicken's
favorite plant?



MAY 2025
Hankey TK-8 Lunch



Offered Daily		Meal Includes Entree, Fruits, Veggies & Milk!			
Cheese Pizza Wedge Fruits & Veggies May Include: Apple Slices, Baby Carrots, Broccoli, Celery Sticks, Cooked Corn, Edamame, Jicama Sticks, Orange Slices, Organic Banana, Organic Fuji Apple, Organic Mandarin Orange, Persian Cucumber, Tater Tots 1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		<div>1 Hamburger on Potato Brioche Bun Lettuce & Tomato Cup (side)</div> <div>2 Bolognese Penne </div>			
Bean & Cheese Burrito Cheese or Pepperoni Pizza <i>(middle school only)</i>		5 Mozzarella Crunchers	6 Crispy Chicken Filet Sandwich on Brioche Bun	7 GF Chicken Tamale	8 Pepperoni Pizza Wedge
Galaxy Cheese Pizza Cheese or Pepperoni Pizza <i>(middle school only)</i>		12 Kickin' Sandwich	13 Crispy Chicken Tenders w/ Cornbread Poppers	14 GF Chicken Taquitos	15 Cheeseburger Sliders
Cheese Croissant Sandwich Cheese or Pepperoni Pizza <i>(middle school only)</i>		19 Macaroni & Cheese	20 Crispy Chicken Drumstick w/ Waffles	21 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	22 Chicken Double Dogs* <i>*no nitrites or nitrates</i>
Cheese Pizza Wedge Cheese or Pepperoni Pizza <i>(middle school only)</i>		26 NO SCHOOL Memorial Day	27 Chicken Dumplings w/ Teriyaki Sauce	28 GF Make Your Own Nachos	29 Hamburger on Potato Brioche Bun Lettuce & Tomato Cup (side)
					30 Bolognese Penne

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.

Vegetarian

Vegan

GF Gluten Free

Contains Pork

One Health Cert.

Locally Baked



Grass-fed Beef, Regenerative Ranch



Contains Sesame



House Made



FREE
for ALL
Students

An egg-plant!



MAY 2025
Hankey TK-8 Breakfast



Offered Daily		Meal Includes Entree, Fruits & Milk!			
GF Honey Cheerios Cereal		<p> Fruits May Include: Apple Crisps, Apple Slices, Applesauce, Organic Banana, Orange Slices, Organic Fuji Apple, Organic Mandarin Orange, Organic Strawberries, Red White & Blueberries</p> <p> 1% Milk* & Nonfat Chocolate Milk*</p> <p><i>*made from cows not treated with rBST</i></p>			
GF Cinnamon Rice Chex Cereal	5	GF Vanilla Greek Yogurt w/ GF Granola	6	Chicken Sausage Pancake Sandwich	1 Plain Bagel w/ Cream Cheese
	12	Blueberry Muffin	7	French Toast Sticks	2 Mini Cinnis
	19	GF Vanilla Greek Yogurt w/ GF Granola	8	Maple Waffle	3 Pancake Bites
	26	NO SCHOOL Memorial Day	9	Plain Bagel w/ Cream Cheese	4 Mini Cinnis
	27	Sunrise Sandwich (beef)	10	French Toast Sticks	5 Pancake Bites
GF Honey Cheerios Cereal	13	Blueberry Muffin	11	Maple Waffle	6 Mini Cinnis
	20	GF Vanilla Greek Yogurt w/ GF Granola	12	Plain Bagel w/ Cream Cheese	7 Pancake Bites
	27	NO SCHOOL Memorial Day	13	French Toast Sticks	8 Mini Cinnis
	28	Sunrise Sandwich (beef)	14	Maple Waffle	9 Pancake Bites
	29	GF Vanilla Greek Yogurt w/ GF Granola	15	Plain Bagel w/ Cream Cheese	10 Mini Cinnis
GF Honey Cheerios Cereal	16	Blueberry Muffin	16	French Toast Sticks	11 Pancake Bites
	23	GF Vanilla Greek Yogurt w/ GF Granola	17	Maple Waffle	12 Mini Cinnis
	30	NO SCHOOL Memorial Day	18	Plain Bagel w/ Cream Cheese	13 Pancake Bites
	31	Sunrise Sandwich (beef)	19	French Toast Sticks	14 Mini Cinnis
	32	GF Vanilla Greek Yogurt w/ GF Granola	20	Maple Waffle	15 Pancake Bites

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.

Vegetarian
GF Gluten Free

Follow Us! @capofood
capistrano.healtheliving.net





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

May Fruit & Veggies

Edamame



Also known as soybeans and are higher in protein than most vegetables.

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, too!

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.



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.

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**.



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

LIBRARY



MAY 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 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.