

FREE
for ALL
Students

What's a
chicken's
favorite plant?



MAY 2025
Journey 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>			
Bean & Cheese Burrito 🌿	5	Mozzarella Crunchers 🌿	6	Crispy Chicken Filet Sandwich 🐔 on Brioche Bun	1 Hamburger on Potato Brioche Bun 🍔 Lettuce & Tomato Cup (side)
			7	GF Chicken Tamale	2 Bolognese Penne 🍝
Galaxy Cheese Pizza 🌿	12	Kickin' Sandwich 🌿 S	13	Crispy Chicken Tenders w/ Cornbread Poppers	8 Pepperoni Pizza Wedge P
			14	GF Chicken Taquitos	9 Mandarin Orange Chicken w/ Chow Mein
Cheese Croissant Sandwich 🌿	19	Macaroni & Cheese 🌿	20	Crispy Chicken Drumstick w/ Waffles	15 Cheeseburger Sliders
			21	Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	16 Penne w/ Meatballs 🍝
Cheese Pizza Wedge 🌿	26	NO SCHOOL Memorial Day	27	Chicken Dumplings w/ Teriyaki Sauce S	22 Chicken Double Dogs* <i>*no nitrites or nitrates</i>
			28	GF Make Your Own Nachos	23 GF Teriyaki Chicken w/ Brown Rice 🍝
			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

P 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 Journey Breakfast



Offered Daily

GF Honey
Cheerios
Cereal 🌿

Meal Includes Entree, Fruits & Milk!



Fruits May Include: Apple Crisps, Apple Slices, Applesauce, Organic Banana, Orange Slices, Organic Fuji Apple, Organic Mandarin Orange, Organic Strawberries, Red White & Blueberries



1% Milk* & Nonfat Chocolate Milk*

**made from cows not treated with rBST*

GF Cinnamon
Rice Chex
Cereal 🌿

5 GF Vanilla
Greek Yogurt
w/ GF
Granola 🌿

6 Chicken
Sausage
Pancake
Sandwich

7 French Toast
Sticks 🌿

1 Plain Bagel
w/ Cream
Cheese 🌿

2 Mini
Cinnis 🌿

8 Blueberry
Bagel
w/ Cream
Cheese 🌿

9 Pancake
Bites 🌿

GF Honey
Cheerios
Cereal 🌿

12 Blueberry
Muffin 🌿

13 Sunrise
Sandwich
(beef)

14 Maple
Waffle 🌿

15 Plain Bagel
w/ Cream
Cheese 🌿

16 Mini
Cinnis 🌿

GF Cinnamon
Rice Chex
Cereal 🌿

19 GF Vanilla
Greek Yogurt
w/ GF
Granola 🌿

20 Chicken
Sausage
Pancake
Sandwich

21 French Toast
Sticks 🌿

22 Plain Bagel
w/ Cream
Cheese 🌿

23 Pancake
Bites 🌿

GF Honey
Cheerios
Cereal 🌿

26 **NO SCHOOL**
Memorial Day

27 Sunrise
Sandwich
(beef)

28 Maple
Waffle 🌿

29 Plain Bagel
w/ Cream
Cheese 🌿

30 Mini
Cinnis 🌿

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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.