

FREE  
for ALL  
Students


What's a  
chicken's  
favorite plant?



**MAY 2025 Lunch**

Capistrano Virtual TK-8  
& CA Prep Academy

**SCHOOL LUNCH  
HERO DAY**

Offered Daily		Meal Includes Entree, Fruits, Veggies & Milk!			
Cheese Pizza Wedge 🌿		<b>Fruits &amp; Veggies May Include:</b> 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  <b>1% Milk* &amp; Nonfat Chocolate Milk*</b> <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 🌿	8	Pepperoni Pizza Wedge (P)	9	Mandarin Orange Chicken w/ Chow Mein	
	12	Kickin' Sandwich 🌿 (S)	13	Crispy Chicken Tenders w/ Cornbread Poppers	
Cheese Croissant Sandwich 🌿	14	GF Chicken Taquitos	15	Cheeseburger Sliders	16 Penne w/ Meatballs 🍝
	19	Macaroni & Cheese 🌿	20	Crispy Chicken Drumstick w/ Waffles	
Cheese Pizza Wedge 🌿	21	Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	22	Chicken Double Dogs* <i>*no nitrites or nitrates</i>	23 GF Teriyaki Chicken w/ Brown Rice 🍝
	26	<b>NO SCHOOL</b> <i>Memorial Day</i>	27	Chicken Dumplings w/ Teriyaki Sauce (S)	28 GF Make Your Own Nachos
	29	Hamburger on Potato Brioche Bun 🍔 Lettuce & Tomato Cup (side)	30	Bolognese Penne 🍝	

🌿 Vegetarian

🌱 Vegan

GF Gluten Free

(P) Contains Pork

🐔 One Health Cert.

🍞 Locally Baked

🍴 Grass-fed Beef, Regenerative Ranch

(S) Contains Sesame

🍴 House Made

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.

**\*\*Whole Grain Tortilla Chips are available as an additional item for  
grades 9-12 on Mondays, Wednesdays & Fridays\*\***



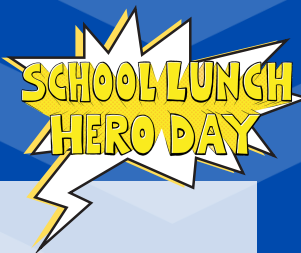
FREE  
for ALL  
Students

An egg-plant!



MAY 2025 Breakfast

Capistrano Virtual TK-8 &  
CA Prep Academy



Offered Daily		Meal Includes Entree, Fruits & Milk!			
GF Honey Cheerios Cereal		<p> <b>Fruits May Include:</b> Apple Crisps, Apple Slices, Applesauce, Organic Banana, Orange Slices, Organic Fuji Apple, Organic Mandarin Orange, Organic Strawberries, Red White &amp; Blueberries</p> <p> <b>1% Milk* &amp; Nonfat Chocolate Milk*</b></p> <p><i>*made from cows not treated with rBST</i></p>			
GF Cinnamon Rice Chex Cereal	5	Maple Waffle	6	Blueberry Muffin	1
					Blueberry Waffle
GF Honey Cheerios Cereal	12	Maple Waffle	13	Blueberry Muffin	2
					Mini Cinnis
GF Cinnamon Rice Chex Cereal	19	Maple Waffle	20	Blueberry Muffin	3
					Blueberry Waffle
GF Honey Cheerios Cereal	26	NO SCHOOL Memorial Day	27	Blueberry Muffin	4
					Blueberry Waffle
GF Honey Cheerios Cereal			28	GF Vanilla Greek Yogurt w/ GF Granola	5
					Blueberry Waffle
GF Honey Cheerios Cereal			29	GF Vanilla Greek Yogurt w/ GF Granola	6
					Blueberry Waffle
GF Honey Cheerios Cereal			30	GF Vanilla Greek Yogurt w/ GF Granola	7
					Blueberry Waffle

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

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Vegetarian  
GF Gluten Free

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## 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**.



*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.

## 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.