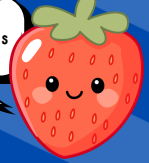



FREE
for ALL
Students

Why did the
strawberry cross
the road?



MAY 2026
Capistrano Virtual 6-8 Lunch



<p>Offered Daily</p> <p>Galaxy Cheese Pizza 🌿</p>	<p>Meal Includes Entree, Fruits, Veggies & Milk!</p>				<p>1</p> 
<p>Cheese Quesadilla 🌿 <i>(Contains Coconut Oil)</i></p>	<p>4</p>	<p>5 Crispy Chicken Drumstick w/ Waffles</p>	<p>6 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)</p>	<p>7 Chicken Pretzel Dog* <i>*no nitrites or nitrates added</i></p>	<p>8</p>
<p>Cheese Pizza Wedge 🌿</p>	<p>11</p>	<p>12 Chicken Dumplings w/ Teriyaki 🍷</p>	<p>13 GF Make Your Own Nachos</p>	<p>14 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar 🌿 Lettuce & Tomato Cup (side)</p>	<p>15</p>
<p>Bean & Cheese Burrito 🌿</p>	<p>18</p>	<p>19 Crispy Chicken Filet Sandwich on Brioche Bun 🌿</p>	<p>20 GF Chicken Taquitos* <i>*no antibiotics ever</i></p>	<p>21 Pepperoni Pizza Wedge 🍷</p>	<p>22</p>
<p>Galaxy Cheese Pizza 🌿</p>	<p>25 NO SCHOOL Memorial Day</p>	<p>26 Crispy Chicken Tenders w/ Cornbread Poppers</p>	<p>27 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)</p>	<p>28 Hamburger Sliders</p>	<p>29</p>

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
- 🍷 Contains Sesame
- 🌿 Grass-fed Beef, Regenerative Ranch
- 🌿 One Health Cert.
- 🌿 Locally Made
- 🍴 House Made
- 🌿 Freshly Baked



FREE
for ALL
Students

To get to the
jam session!



MAY 2026
Capistrano Virtual 6-8 Breakfast



<p>Offered Daily</p> <p>GF Honey Cheerios Cereal </p>	<p>Meal Includes Entree, Fruits, Veggies & Milk!</p> <p> Fruits May Include: Applesauce, Apple Slices, Asian Pear, Cinnamon Apple Crisps, Organic Banana, Organic Fuji Apple, Organic Red White & Blueberries, Organic Tango Mandarins, Peach</p> <p> 1% Milk* & Nonfat Milk* <i>*made from cows not treated with rBST</i></p>				<p>1</p>
<p>GF Cinnamon Chex Cereal </p>	<p>4</p>	<p>5</p> <p>Chicken Sausage Pancake Sandwich</p>	<p>6</p> <p>French Toast Sticks </p>	<p>7</p> <p>Blueberry Bagel w/ Cream Cheese </p>	<p>8</p>
<p>GF Honey Cheerios Cereal </p>	<p>11</p>	<p>12</p> <p>Sunrise Sandwich </p>	<p>13</p> <p>Maple Waffle </p>	<p>14</p> <p>Plain Bagel w/ Cream Cheese </p>	<p>15</p>
<p>GF Cinnamon Chex Cereal </p>	<p>18</p>	<p>19</p> <p>Chicken Sausage Pancake Sandwich</p>	<p>20</p> <p>French Toast Sticks </p>	<p>21</p> <p>Blueberry Bagel w/ Cream Cheese </p>	<p>22</p>
<p>GF Honey Cheerios Cereal </p>	<p>25</p> <p>NO SCHOOL <i>Memorial Day</i></p>	<p>26</p> <p>Sunrise Sandwich </p>	<p>27</p> <p>Maple Waffle </p>	<p>28</p> <p>Plain Bagel w/ Cream Cheese </p>	<p>29</p>

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Vegetarian Freshly Baked
GF Gluten Free Contains Pork



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HARVEST OF THE MONTH: ORGANIC STRAWBERRIES

Despite their name, strawberries aren't berries at all - they're **related to roses**.

Did you know an average strawberry has **200 seeds**?

Strawberries 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, skin, bones, and teeth.

California grows the most strawberries in the US - about **1 billion pounds a year!** That's enough to go around the world 15 times.

National Pick Strawberries Day is on **May 20th** each year.

Our organic strawberries are from **Better Produce Inc. in Santa Maria, CA!**



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.



Peach

Contain Vitamin C which boosts our immune system.



Organic Strawberries

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



Organic Tango 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 15 - August 7: Monday-Friday

Noon - 1pm

LIBRARY



MAY

5/1 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!

5/5 Teachers' Appreciation Day

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



5/17 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.

5/25 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.