

FREE
for ALL
Students

NOVEMBER 2024 Elementary Lunch



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Offered Daily

<p>Galaxy Cheese Pizza 🌿</p>	<p>Fruits, Veggies & Milk with Meal Fruits & Veggies May Include: Sliced Apple, Tangerine, Organic Banana, Grapes, Asian Pear, Organic Dragon Fruit, Organic Persimmon, Frozen Fruit Cup, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Salad. 1% Milk* & Nonfat Chocolate Milk* <i>*from cows not treated with rBST</i></p> <p><i>This institution is an equal opportunity provider. Menus are subject to change without notice.</i></p>				<p>1 No School</p>
<p>Cheese Croissant Sandwich 🌿</p>	<p>4 Macaroni & Cheese 🌿</p>	<p>5 Crispy Chicken Drumstick w/ Waffles</p>	<p>6 Crispy Beef & Cheese Tacos Lettuce & Tomato Cup (side)</p>	<p>7 Chicken Double Dogs* <i>*no nitrites or nitrates</i></p>	<p>8 GF Teriyaki Chicken w/ Brown Rice 🥄</p>
<p>Cheese Pizza Wedge 🌿</p>	<p>11 Veterans Day </p>	<p>12 Chicken Dumplings w/ Teriyaki Sauce 🍷</p>	<p>13 GF Make Your Own Nachos</p>	<p>14 Hamburger on Potato Brioche Bun 🍷 Lettuce & Tomato Cup (side)</p>	<p>15 Bolognese Spaghetti 🥄</p>
<p>Bean & Cheese Burrito 🌿</p>	<p>18 Mozzarella Crunchers 🌿</p>	<p>19 Crispy Chicken Filet 🍷 Sandwich on Brioche Bun</p>	<p>20 GF Chicken Tamale</p>	<p>21 Turkey Feast (Sliced Turkey*, Gravy, Mashed Potatoes, Hawaiian Roll) <i>*no nitrites or nitrates</i></p>	<p>22 Mandarin Orange Chicken w/ Chow Mein</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>29</p>

Thanksgiving Break

🌿 Vegetarian
GF Gluten Free
✓ Vegan

🍖 Contains Pork
🍷 One Health Cert.
🍷 Contains Sesame

🥄 House-Made
🍷 Grass-fed Beef, Regenerative Ranch
🍷 Locally Baked

📱 Follow Us! @capofood
*capistrano.healtheliving.net



FREE
for ALL
Students

NOVEMBER 2024
Elementary Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

<p>GF Honey Cheerios Cereal 🌿</p>	<p>Fruits & Milk with Meal Fruits May Include: Sliced Apple, Tangerine, Organic Banana, Grapes, Asian Pear, Applesauce, Apple Crisps, Frozen Fruit Cup 1% Milk* & Nonfat Chocolate Milk* <i>*from cows not treated with rBST</i></p> <p><i>This institution is an equal opportunity provider. Menus are subject to change without notice.</i></p>				<p>1 No school</p>
<p>GF Cinnamon Chex Cereal 🌿</p>	<p>4 GF Blueberry Greek Yogurt w/ GF Granola 🌿</p>	<p>5 Chicken Sausage Pancake Waffle</p>	<p>6 French Toast Sticks 🌿</p>	<p>7 Plain Bagel w/ Cream Cheese 🌿</p>	<p>8 Pancake Bites 🌿</p>
<p>GF Honey Cheerios Cereal 🌿</p>	<p>11 Veterans Day </p>	<p>12 Sunrise Sandwich (P)</p>	<p>13 Maple Waffle 🌿</p>	<p>14 Chicken Slider on Hawaiian Roll 🌍</p>	<p>15 Mini Ginnis 🌿</p>
<p>GF Cinnamon Chex Cereal 🌿</p>	<p>18 GF Blueberry Greek Yogurt w/ GF Granola 🌿</p>	<p>19 Chicken Sausage Pancake Waffle 🌿</p>	<p>20 French Toast Sticks 🌿</p>	<p>21 Plain Bagel w/ Cream Cheese 🌿</p>	<p>22 Pancake Bites 🌿</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>29</p>

Thanksgiving Break

🌿 Vegetarian
GF Gluten Free
(P) Contains Pork

🌍 Freshly Baked
🌍 One Health Cert.

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FARM 2 SCHOOL: PERSIMMON



Persimmons look like **tiny pumpkins or orange tomatoes**. They are harvested in the fall and continue into winter.

Persimmons can be eaten **whole** like an apple.

There are 2 types of persimmons:

Fuyu: tastes sweet and shaped round like a tomato.

Hachiya: taste tart until fully ripe and shaped like an acorn.

Fuyu can be enjoyed at different stages of ripeness, from crunchy to very soft.

Our persimmons were grown **locally** and sourced from Old Grove Orange in Redlands and Dickinson Family Farm in Fallbrook.

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

WE'RE HIRING!

Food & Nutrition Services is hiring for many positions throughout the district!

Join Our Team!

Work while your kids are at school.

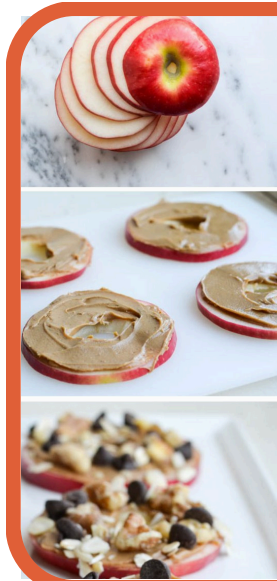
Weekends, holidays, and nights off.

Paid vacation, sick leave and holidays.

Summers off work.

Health benefits available for many open positions.

Visit bit.ly/wefeedkids or scan the QR code below:



APPLE SLICE COOKIES

1. Wash and cut apples into 1/4" slices.
2. Remove the inner core.
3. Spread your favorite nut or seed butter on top of apples.
4. Top with your choice of raisins, coconut, berries, chocolate chips, sprinkles or sunflower seeds.

Recipe and images adapted from Rachel Schultz

November Fruit

Apple Slices

Contain fiber which is good for your gut and heart.

Tangerine

Contain Vitamin C which boosts our immune system.

Organic Banana

Contain potassium which keeps our heart healthy.

Grapes

Contain Vitamin K which is essential for blood clotting.

Asian Pear

Contain fiber which is good for your gut and heart.

Local & Organic Dragon Fruit

Contain Vitamins B and C. The seeds also contain healthy fats, which help our hearts.

Local Fuyu Persimmon

Contain potassium, Vitamin B and Vitamin C.


NOVEMBER

11/11

World Vegan Day 


Veganism follows a plant-based diet. This means not eating meat or fish as well as milk, eggs, cheese, and anything made with these products.

11/18

National STEAM/STEM Day 

Celebrate Science, Technology, Engineering, Art & Math with the Paper Chain Challenge! Using 1 sheet of paper per person, see who can make the longest chain in 10 minutes.

11/11

Veterans Day 

A veteran is someone who served or currently serves in the military - Air Force, Army, Coast Guard, Marines, Navy & Space Force. They are trained for many situations & protect people who live in their country and other countries.

11/13 *I am kind*

World Kindness Day

Celebrate by seeing how many acts of kindness you can do today!