

FREE
for ALL
Students

NOVEMBER 2025 Hankey TK-8 Lunch

Which type
of key won't
open a door?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Burrito 🌿	3 No School	4 Crispy Chicken Filet 🌿 Sandwich on Brioche Bun	5 GF Chicken Taquitos* <i>*no antibiotics ever</i>	6 Pepperoni Pizza Wedge (P)	7 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza 🌿	10 Kickin' Sandwich 🌿 (S)	11 Veterans Day	12 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	13 Hamburger Sliders	14 Trombe Pasta 🌿 w/ Meatballs
Cheese Quesadilla 🌿 <i>(Contains Coconut Oil)</i>	17 Macaroni & Cheese 🌿	18 Crispy Chicken Drumstick w/ Waffles	19 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	20 Chicken Pretzel Dog* <i>*no nitrites or nitrates added</i>	21 Thanksgiving Feast (Roasted Mary's Chicken Drumstick* w/ Roll) Roasted Potatoes (side) 🌿 <i>*no antibiotics ever</i>
	24	25	26	27	28
Fall Recess					

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple Slices, Asian Pear, Baby Carrots, Broccoli, Celery Sticks, Edamame, Grapes, Jicama Sticks, Organic Banana, Organic Fuji Apple, Persian Cucumbers, Sliced Persimmons, Tater Tots, Yellow Corn

1% Milk* & Nonfat Milk*
**from cows not treated with rBST*

**This institution is an equal opportunity provider.
Menus are subject to change without notice.**

🌿 Vegetarian

🌿 Vegan

GF Gluten Free

🌿 One Health Cert.

(P) Contains Pork

(S) Contains Sesame

🌿 Locally Made

🌿 House Made



📷 Follow Us! @capofood
✉ capistrano.healtheliving.net

FREE
for ALL
Students



NOVEMBER 2025 Hankey TK-8 Breakfast

A tur-key!



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal 🌿	3 No School	4 Chicken Sausage Pancake Sandwich	5 French Toast Sticks 🌿	6 Blueberry Bagel w/ Cream Cheese 🌿🍷	7 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	10 Blueberry Muffin 🌿	11 Veterans Day 🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸	12 Maple Waffle 🌿	13 Plain Bagel w/ Cream Cheese 🌿🍷	14 Mini Cinnis 🌿
GF Cinnamon Chex Cereal 🌿	17 GF Vanilla Greek Yogurt w/ GF Granola 🌿	18 Chicken Sausage Pancake Sandwich	19 French Toast Sticks 🌿	20 Blueberry Bagel w/ Cream Cheese 🌿🍷	21 Pancake Bites 🌿
	24	25	26	27	28
Fall Recess 🍂🍷🍷🍷					

Fruits & Milk with Meal

 **Fruits Include:** Applesauce, Apple Crisps, Apple Slices, Asian Pear, Grapes, Organic Banana, Organic Fuji Apple, Sliced Persimmons

 **1% Milk* & Nonfat Milk***
*From cows not treated with rBST

🌿 Vegetarian

GF Gluten Free

🍷 Freshly Baked



**This institution is an equal opportunity provider.
Menus are subject to change without notice.**

📷 Follow Us! @capofood
✉ capistrano.healtheliving.net



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.

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:



New!

THANKSGIVING FEAST

Celebrate Thanksgiving early with your friends at school with our Thanksgiving Feast!

Our feast includes a roasted Mary's Chicken drumstick and whole grain roll. Roasted Potatoes are available as a side.



Did you know Mary's Chicken is air chilled, free range, and no antibiotics ever?

November Fruit

Apple Slices



Contain fiber which is good for your gut and heart.

Organic Fuji Apple



Contain antioxidants 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 Fuyu Persimmon



Contain potassium, Vitamin B and Vitamin C.

NOVEMBER

11/1

World Vegan Day



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

11/8

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!