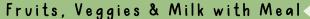






	Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Burrito	3 School	Grispγ Chicken Filet ♡ Sandwich on Brioche Bun	5 GF Chicken Taquitos* *no antibiotics ever	Pepperoni Pizza Wedge P	7 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza	10 Kickin' Sandwich & s	Veferans Vay	12 Make Your Own Chicken Soft Tacos* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	13 Hamburger Sliders	Trombe Pastas w/ Meatballs
Cheese Quesadilla (Contains Coconut Oil)	17 Macaroni & Cheese	18 Crispy Chicken Drumstick w/ Waffles	Tacos Lettuce, Tomato & Cheese Cup (side)	20 Chicken Pretzel Dog* *no nitrites or nitrates added	Thanksgiving Feast (Roasted Mary's Chicken Drumstick* w/ Roll) Roasted Potatoes (side)
XXXXXXXXX	24	25 Fall	26 Lecess	27	28



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.

- N Vegetarian
- 🧭 Vegan

GF Gluten Free

- One Health Cert.
- (P) Contains Pork
- S Contains Sesame
- Locally Made
- / House Made



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	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily	3	4	5	6	7
GF Cinnamon Chex Cereal	No School	Chicken Sausage Pancake	French Toast Sticks	Blueberry Bagel w/Cream	Pancake Bites D
061 601		Sandwich	O CI C R S	Cheese N 🛳	
	10	11	12	13	14
GF Honey	Blueberry	Veterans	Maple	Plain Bagel	Mini
Cheerios Cereal N	Muffin N	Vay	Waffle	w/ Gream Cheese N 🛳	Cinnis
	17	18	19	20	21
GF Cinnamon Chex Cereal	GF Vanilla Greek Yogurt w/ GF Granola	Chicken Sausage Pancake Sandwich	French Toast Sticks D	Blueberry Bagel w/Cream Cheese &	Pancake Bites N
	24	25	26	27	28
XXXXXXXX	XXXXXXXXX	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

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

GF Gluten Free

See Freshly Baked





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.

Hithere! 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 king

World Kindness Day

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