

FREE
for ALL
Students

NOVEMBER 2026 Elementary Lunch

What do
sweet
potatoes
wear to bed?



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Personal Pan Pizza 🌿	2	No School	3 Crispy Chicken Filet Sandwich on Brioche Bun	4 Hamburger Sliders	5 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	9 Mandarin Orange Chicken w/ Chow Mein
Mozzarella Crunchers 🌿	9	Kickin' Sandwich 🌿 S	10 Crispy Chicken Tenders w/ Cornbread Poppers	11 Veterans Day 🇺🇸	12 Pasta with Meatballs 🍝	13 Hamburger 🌿 S Lettuce & Tomato Cup (side)
Cheese Personal Pan Pizza 🌿	16	Chicken Egg Roll	17 Crispy Chicken Drumstick w/ Waffles	18 California-Style Beef Burrito	19 Thanksgiving Feast Roasted Mary's Chicken Drumstick w/ Roll 🍷 Roasted Sweet Potato (side) 🍷	20 GF Chicken Teriyaki w/ Brown Rice 🍷
Fall Recess 🍂						
Kickin' Nuggets w/ Roll 🌿 🍷	30	Grilled Cheese Flatbread 🌿	Fruits, Veggies & Milk with Meal Fruits & Veggies May Include: Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Organic Apple Slices, Organic Banana, Organic Fuji Apple, Organic Satsuma Mandarin, Persian Cucumber, Sliced Persimmons, Tater Tots, Yellow Corn 1% Milk* & Nonfat Milk* <i>*from cows not treated with rBST</i>			

🌿 Vegetarian

🌿 Vegan

🍷 Locally Made

GF Gluten Free

🍷 House Made

🍷 Freshly Baked

S Contains Sesame

🍷 Grass-fed Beef, Regenerative Ranch

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



FREE
for ALL
Students

NOVEMBER 2026 Elementary Breakfast

Their
favorite
yammies!



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Chex Cereal 🌿	2 No School	3 French Toast Sticks 🌿	4 Blueberry Bagel w/ Cream Cheese 🌿	5 Chocolate Croissant 🌿	9 Pancake Bites 🌿
GF Honey Cheerios Cereal 🌿	9 Blueberry Muffin 🌿	10 Sunrise Sandwich (P)	11 Veterans Day 	12 Plain Bagel w/ Cream Cheese 🌿	13 Mini Cinnis 🌿
GF Cinnamon Chex Cereal 🌿	16 GF Vanilla Greek Yogurt w/ GF Cinnamon Granola 🌿	17 Chicken Sausage Pancake Sandwich	18 Blueberry Bagel w/ Cream Cheese 🌿	19 Chocolate Croissant 🌿	20 Pancake Bites 🌿
Fall Recess					
GF Honey Cheerios Cereal 🌿	30 Sunrise Sandwich (P)	Fruits & Milk with Meal Fruits May Include: Applesauce, Grapes, Organic Apple Slices, Organic Banana, Organic Fuji Apple, Organic Satsuma Mandarin, Strawberry Apple Crisps 1% Milk* & Nonfat Milk* <i>*from cows not treated with rBST</i>			

GF Gluten Free
🌿 Vegetarian

(P) Contains Pork
 Freshly Baked

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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.

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:



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 Sweet Potatoes are available as a side.

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

November Fruit

Organic 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.

Organic Satsuma Mandarin



Contains vitamin A to keep your eyes, skin, and immune system healthy.

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!