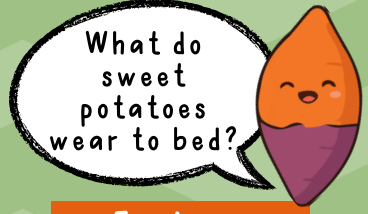
FREE for ALL Students

NOVEMBER 2026 Preschool Lunch



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* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	9 Mandarin Orange Chicken w/ Chow Mein
Mozzarella Crunchers	9 Kickin' Sandwich	10 Crispy Chicken Tenders w/ Cornbread Poppers	11 Veterans Day	12 Pasta with Meatballs	13 Hamburger 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
Kickin' Nuggets w/ Roll	30 Grilled Cheese Flatbread	Fall Recess			

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Applesauce, Baby Carrots, Broccoli Florets, Edamame, 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*
*from cows not treated with rBST

Vegetarian
Vegan
Locally Made
GF Gluten Free
House Made
Freshly Baked
Contains Sesame
Grass-fed Beef, Regenerative Ranch

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capistrano.healtheliving.net

CAPO CUISINE

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

FREE for ALL Students

NOVEMBER 2026 Preschool Breakfast

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 GF Cinnamon Chex Cereal	9 Pancake Bites
GF Honey Cheerios Cereal	9 Blueberry Muffin	10 Sunrise Sandwich (P)	11 Veterans Day	12 Plain Bagel w/ Cream Cheese	13 GF Honey Cheerios Cereal
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 GF Cinnamon Chex Cereal	20 Pancake Bites
Fall Recess					
GF Honey Cheerios Cereal	30 Sunrise Sandwich (P)				

Fruits & Milk with Meal

Fruits May Include: Applesauce, Organic Apple Slices, Organic Banana, Organic Fuji Apple, Organic Satsuma Mandarin, Strawberry Apple Crisps

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

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GF Gluten Free
Vegetarian
(P) Contains Pork
Freshly Baked

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CAPO CUISINE

CAPO CRUNCH

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

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.

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!