

FREE
for ALL
Students

OCTOBER 2025 Elementary Lunch



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza Wedge	Fruits, Veggie & Milk with Meal Fruits & Veggies May Include: Apple Slices, Baby Carrots, Broccoli, Celery, Edamame, Grapes, Jicama, Organic Banana, Organic Magenta Dragon Fruit, Organic Sweetie Apple, Persian Cucumber, Pluots, Tater Tots, Yellow Corn 1% Milk* & Nonfat Milk* <i>*made from cows not treated with rBST</i>		1 GF Make Your Own Nachos	2 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	3 Bolognese Spaghetti	
Bean & Cheese Burrito	6 Mozzarella Crunchers	7 Crispy Chicken Filet Sandwich on Brioche Bun	8 GF Chicken Taquitos <i>*no antibiotics ever</i>	9 Pepperoni Pizza Wedge	10 Mandarin Orange Chicken w/ Chow Mein	
Galaxy Cheese Pizza	13 Tonkatsu Sandwich Sunomono	14 Chicken Enchiladas <i>*no antibiotics ever</i> Lettuce, Tomato & Cheese Cup (side)	15 Butter Chicken w/ Naan Bread Bombay Tater Tots	16 Swedish Meatballs w/ Trombe Pasta Roasted Broccoli	17 Chicken Adobo w/ Brown Rice Roasted Ube	
CELEBRATE NATIONAL SCHOOL LUNCH WEEK!						
Cheese Quesadilla <i>(Contains Coconut Oil)</i>	20 Macaroni & Cheese	21 Crispy Chicken Drumstick w/ Waffles	22 Crunchy Beef & Cheese Tacos Lettuce, Tomato & Cheese Cup (side)	23 Chicken Double Dogs* <i>*no nitrites or nitrates added</i>	24 GF Teriyaki Chicken w/ Brown Rice	
Cheese Pizza Wedge	27 Kickin' Nuggets w/ Roll	28 Chicken Dumplings w/ Teriyaki	29 GF Make Your Own Nachos	30 Cheeseburger on Potato Brioche Bun w/ Organic Cheddar Lettuce & Tomato Cup (side)	31 Bolognese Spaghetti	

GF Gluten Free
V Vegetarian
V Vegan
P Contains Pork

S Contains Sesame
One Health Cert.
Locally Made
House Made

G Grass-fed Beef, Regenerative Ranch

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

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Students

OCTOBER 2025
Elementary Breakfast



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruits & Milk with Meal		1	2	3
GF Honey Cheerios Cereal	Fruits May Include: Applesauce, Apple Slices, Cinnamon Apple Crisps, Grapes, Organic Banana, Organic Sweetie Apple, Pluot 1% Milk* & Nonfat Milk* <i>*made from cows not treated with rBST</i>		Maple Waffle	Plain Bagel w/ Cream Cheese	Mini Cinnis
GF Cinnamon Chex Cereal	6 GF Vanilla Greek Yogurt w/ GF Granola	7 Chicken Sausage Pancake Sandwich	8 French Toast Sticks	9 Blueberry Bagel w/ Cream Cheese	10 Pancake Bites
GF Honey Cheerios Cereal	13 Blueberry Muffin	14 Sunrise Sandwich (P)	15 Maple Waffle	16 Plain Bagel w/ Cream Cheese	17 Mini Cinnis
GF Cinnamon Chex Cereal	20 GF Vanilla Greek Yogurt w/ GF Granola	21 Chicken Sausage Pancake Sandwich	22 French Toast Sticks	23 Blueberry Bagel w/ Cream Cheese	24 Pancake Bites
GF Honey Cheerios Cereal	27 Blueberry Muffin	28 Sunrise Sandwich (P)	29 Maple Waffle	30 Plain Bagel w/ Cream Cheese	31 Mini Cinnis

GF Gluten Free
Vegetarian

(P) Contains Pork
Freshly Baked

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

OCTOBER FARM TO SCHOOL

Organic Sweetie Apples

This is a very sweet apple only available in September and October. *Locally grown.*

Apple Slices

Grapes

Organic Bananas

Organic Magenta Dragon Fruit

Also known as pitaya. Tastes like a cross between a kiwi and a pear. *Locally grown.*

Pluots

Also called apriums, pluots are a hybrid of plums and apricots. They have a flavor all their own!



NATIONAL SCHOOL LUNCH WEEK

CUSD joins school districts nationwide to celebrate National School Lunch Week 10/13-10/17!

To celebrate National School Lunch Week, Students are Invited to Submit Their Favorite Lunch Recipe into our Healthy Recipe Contest!

- Recipes must contain 5 ingredients or less.
- Recipes must contain a fruit and/or a vegetable.
- Entries must include: student's name, teacher's name, school name, grade.
- The recipe must include a title, ingredient list, instructions and servings.
- Include a photograph or drawing of the dish along with a brief paragraph of the recipe's story: who taught you how to make it, where it's from, how you came up with the recipe, why you like it, family history, etc.

Recipes must be submitted by October 17, 2025.

Entries may be submitted to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, Attn: Recipe Contest. Or they may be mailed to 32972 Calle Perfecto San Juan Capistrano, CA 92675

3 District-wide winners will win a prize! Recipes will be judged on taste, nutrition, creativity/originality and recipe story.



OCTOBER

10/8 *National Walk & Bike to School Day*

If you're able - walk, bike or roll to school!

10/12 *National Farmer's Day*

We thank our farmers that plow, sow, raise, feed, and harvest the food and materials that supply our country!

10/16 *California Crunch Day*

Take a bite out of locally grown fruits and vegetables to celebrate local farmers and healthy eating! Celebrate by taking a big crunch out of fruits and veggies that day.

School Lunch Week Specials

10/13: TONKATSU SANDWICH & SUNOMONO



A teriyaki pork sandwich on a bun served with a Japanese cucumber salad!



10/14: CHICKEN ENCHILADAS

Take a quick trip to Mexico for chicken enchiladas with cheese and a side of corn!



10/15: BUTTER CHICKEN W/ NAAN BREAD & BOMBAY TATER TOTS

Enjoy an Indian favorite - butter chicken with soft naan bread and a side of Bombay seasoned tater tots.



10/16: SWEDISH MEATBALLS W/ PASTA

Get a taste of Europe with Swedish meatballs served with pasta and a side of roasted broccoli.



10/17: CHICKEN ADOBO W/ BROWN RICE & ROASTED UBE

A CUSD Chef specialty! Wrap up National School Lunch Week with chicken adobo, brown rice, and roasted purple potatoes!

