

**FREE**  
for ALL  
Students

**OCTOBER 2024**  
**Elementary Lunch**



**Offered Daily**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

Galaxy Cheese Pizza	<ul style="list-style-type: none"> <li> Vegetarian</li> <li> Vegan</li> <li> GF Gluten Free</li> <li> Contains Sesame</li> <li> Contains Pork</li> <li> House-Made</li> <li> One Health Cert.</li> </ul>	1 Chicken Tenders w/ Cornbread Poppers	2 GF Chicken Taquitos* <i>*no antibiotics ever</i>	3 Cheeseburger Sliders	4 Penne w/ Meatballs
Cheese Croissant Sandwich	7 Macaroni & Cheese	8 Crispy Chicken Drumstick w/ Waffles	9 Crunchy Beef & Cheese Tacos Lettuce & Tomato Cup (side)	10 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	11 GF Teriyaki Chicken w/ Brown Rice
Cheese Pizza Wedge	14 Kickin' Nuggets w/ Roll	15 Chicken Dumplings w/ Teriyaki Sauce	16 Make Your Own Tacos Lettuce & Tomato Cup (side)	17 Cheese Ravioli <i>locally produced</i>	18 Mary's Chicken Drumstick* w/ Hawaiian Roll <i>*no antibiotics ever</i>

**CELEBRATE NATIONAL SCHOOL LUNCH WEEK!**

Bean & Cheese Burrito	21 Mozzarella Crunchers	22 Crispy Chicken Filet Sandwich on Brioche Bun	23 GF Chicken Tamale	24 Pepperoni Pizza Wedge	25 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza	28 Kickin' Sandwich	29 Chicken Tenders w/ Cornbread Poppers	30 GF Chicken Taquitos* <i>*no antibiotics ever</i>	31 Cheeseburger Sliders	<i>This institution is an equal opportunity provider. Menu is subject to change without notice.</i>

**Fruits, Veggie & Milk with Meal**

**Fruits & Veggies May Include:** Apple, Asian Pear, Dragon Fruit, Grapes, Blood Orange, Baby Carrots, Side Salad, Celery, Broccoli, Edamame, Corn, Tater Tots, Jicama.

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

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**FREE**  
for ALL  
Students

**OCTOBER 2024**  
**Elementary Breakfast**

**BOO -  
BERRIES!**



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🌿	Vegetarian Ⓟ Contains Pork GF Gluten Free 🌐 One Health Cert 🍞 Freshly Baked	1 Sunrise Sandwich Ⓟ	2 Maple Waffle 🌿	3 Chicken Slider on Hawaiian Roll 🌐	4 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	7 GF Greek Yogurt w/ GF Granola 🌿	8 Chicken Sausage Pancake Sandwich	9 French Toast Sticks 🌿	10 Plain Bagel 🌐 w/ Cream Cheese 🌿	11 Mini Apple Bites 🌿
GF Honey Cheerios Cereal 🌿	14 Blueberry Muffin 🌿	15 Sunrise Sandwich Ⓟ	16 Maple Waffle 🌿	17 Chicken Slider on Hawaiian Roll 🌐	18 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	21 GF Greek Yogurt w/ GF Granola 🌿	22 Chicken Sausage Pancake Sandwich	23 French Toast Sticks 🌿	24 Plain Bagel 🌐 w/ Cream Cheese 🌿	25 Pancake Bites 🌿 <b>NEW</b>
GF Honey Cheerios Cereal 🌿	28 Blueberry Muffin 🌿	29 Sunrise Sandwich Ⓟ	30 Maple Waffle 🌿	31 Chicken Slider on Hawaiian Roll 🌐	<i>This institution is an equal opportunity provider. Menu is subject to change without notice.</i>

**Fruits & Milk with Meal**

🍎 Fruits May Include: Apple, Apple Pear, Grapes, Blood Orange, Seasonal Fruit.

🥛 1% Milk\* & Nonfat Chocolate Milk\* *\*made From cows not treated with rBST*

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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](https://bit.ly/wefeedkids) or scan the QR code below:



## OCTOBER FARM TO SCHOOL

### Sweetie Apples

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

### Asian Pears

This pear is round and shaped like an apple! Crisp, sweet and juicy.

### Apple Slices

### Grapes

### Dragon Fruit

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

### Blood Orange

Tastes like an orange with a hint of berry. Gets name from bright red color. *Locally grown.*

*New!*

### 10/17 CHEESE RAVIOLI

Locally produced cheese ravioli served with marinara sauce and a sprinkle of mozzarella cheese.



## NATIONAL SCHOOL LUNCH WEEK

CUSD joins school districts nationwide to celebrate National School Lunch Week 10/14-10/18!

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, how you came up with the recipe, why you like it, family history, etc.

#### Recipes must be submitted by October 18, 2024.

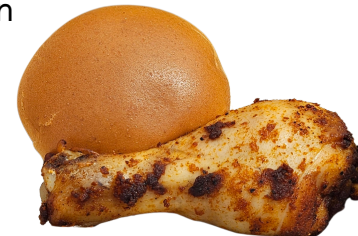
Entries may be submitted to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, Attn: Recipe Contest. Or they may be mailed to 32972 Calle Perfecto San Juan Capistrano, CA 92675

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



### 10/18 MARY'S CHICKEN DRUMSTICK W/ HAWAIIAN ROLL

Roasted chicken drumstick from Mary's chicken served with a whole grain Hawaiian Roll.



### 10/25 PANCAKE BITES

Gourmet, whole grain rich, bite sized pancakes.



## OCTOBER 10/19

National Walk & Bike to School Day

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

## 10/10

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.

## 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!