

FREE
for ALL
Students

OCTOBER 2023
Journey Breakfast

WHAT DO YOU
CALL A WITCH
THAT LIVES AT
THE BEACH?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🍃	2 Oatmeal Chocolate Chip Bar 🍃	3 Buttery Maple Waffle 🍃	4 Sunrise Sandwich ^P	5 Mini Apple Breakfast Bites 🍃	6 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃	9 Oatmeal Chocolate Chip Bar 🍃	10 Blueberry Muffin 🍃	11 Turkey Sausage Breakfast Pizza <small>NATIONAL SAUSAGE PIZZA DAY!</small>	12 Chocolate Chip French Toast 🍃	13 Pancake & Turkey Sausage Stick
GF Honey Cheerios Cereal 🍃	16 Oatmeal Chocolate Chip Bar 🍃	17 Sunrise Sandwich ^P	18 Apple Spice Frudel 🍃	19 Breakfast Pizza Bagel 🍃	20 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃	23 Oatmeal Chocolate Chip Bar 🍃	24 Wild Blueberry Waffle 🍃	25 Aloha Sandwich (beef)	26 Mini Apple Breakfast Bites 🍃	27 Chicken Sausage Pancake Sandwich
GF Honey Cheerios Cereal 🍃	30 Oatmeal Chocolate Chip Bar 🍃	31 Chicken* Biscuit Sandwich <small>*no antibiotics ever</small>	<div> Vegetarian Gluten Free Contains Pork </div> <div> Fruits & Milk with Meal Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit 1% Milk* & Nonfat Chocolate Milk* <small>*made from cows not treated with rBST</small> </div>		

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Students

OCTOBER 2023 Journey Lunch

A
SAND-WITCH!



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿	2	Mozzarella Crunchers 🌿	3 House-made Chili con Carne w/ Tostitos Chips 	4 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	5 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	6 House-made Chicken Yakisoba 🍴 
Loco Burrito 🌿	9	NEW Cheese Pizza Boli Bites 🌿	10 GF Beef Tacos w/ Salsa Cup <i>NEW</i>	11 House-made Chicken Alfredo Pasta 🍴 <i>NEW</i>	12 Cheeseburger w/ Crinkle Fries <i>NEW</i>	13 House-made Filipino Chicken* Adobo w/ White Rice <i>*Mary's Chicken</i> <i>NEW</i>
CELEBRATE NATIONAL SCHOOL LUNCH WEEK!						
Cheese Croissant Sandwich 🌿	16	Kickin' Nuggets w/ Roll 🌿	17 Cheese Lasagna Rollup 🌿 	18 Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	19 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	20 Mandarin Orange Chicken w/ Chow Mein
GF Yogurt* w/ GF Granola 🌿 <i>*made from cows not treated with rBST</i>	23	Macaroni & Cheese 🌿	24 GF Chicken Taquitos	25 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	26 Mini Cheeseburger Sliders	27 Penne w/ Meatballs
Loco Burrito 🌿	30	Mozzarella Crunchers 🌿	31 GF Make Your Own Nachos	 Vegetarian GF Gluten Free  Vegan  Pork Fruits, Veggies & Milk with Meal  Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Corn, Baked Beans, Tater Tots, Broccoli, Celery, Salad.  1% Milk* & Nonfat Chocolate Milk* <i>*made from cows not treated with rBST</i>		

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

Celebrating NATIONAL SCHOOL LUNCH WEEK! OCTOBER 9-13

CUSD joins school districts nationwide to celebrate National School Lunch Week!

All week, CUSD elementary schools will serve fun and healthy lunches that include the nutrition students need to learn, grow, and thrive.

5 NEW lunch items will be available. We can't wait for our students to try these items and let us know what they think!

INTERACTIVE MENU

Have you visited our online interactive menus? Find allergen, nutrition and ingredient information as well as pictures of menu items!

Visit bit.ly/wefeedkids go to the menu page and scroll down to "Check Out Our Interactive Menus".



FARM TO SCHOOL: ORGANIC BASIL

We are adding California grown organic BASIL to our sauce for Penne with Meatballs recipe on October 27!

Our basil is from Rocket Farms, an organic California farm. Basil contains Vitamin K which helps with blood clotting.



FILIPINO AMERICAN HISTORY MONTH

- Filipino-Americans are the second largest Asian American group in America.
- The first recorded presence of Filipinos in the continental United States occurred on October 18, 1587, when "Luzones Indios" came ashore from the Spanish galleon Nuestra Senora de Esperanza and landed at what is now Morro Bay, California.
- While most Filipinos today eat using a spoon and fork, the traditional way of eating is **kamayan**, or "with hands."
 - Try to eat mostly with one hand, keeping the second hand clean for drinking. Use your fingers to pinch the food into a clump at your fingertips (don't let it settle onto your palm).
- Chicken Adobo is a Filipino dish made with chicken marinated in spices, soy sauce, and vinegar. It is juicy, tangy and delicious!
 - We are making ours from scratch with **Mary's Air Chilled Chicken**.
 - Be sure to try it for lunch on Friday 10/13!

OCTOBER

10/4

National Walk & Bike to School Day



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

10/6

World Smile Day



Practice an act of kindness.

Help one person smile!

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!

10/19

National New Friends Day



Step out of your comfort zone! Meet new people everywhere and become friends with them!

New!

10/3 HOUSE-MADE CHILI CON CARNE W/ TOSTITOS

Beef and bean chili made from scratch in our central kitchen. Served with a sprinkle of cheese and whole grain chips.

10/6 HOUSE-MADE CHICKEN YAKISOBA

Yakisoba noodles tossed with cabbage, carrots, onion, house-made sauce, and chicken.



10/9 CHEESE PIZZA BOLIT BITES

Sicilian style mini calzone bites stuffed with mozzarella cheese.



10/10 GLUTEN FREE BEEF TACOS

2 crispy corn tortilla tacos filled with ground beef and beans.

10/11 HOUSE-MADE CHICKEN ALFREDO PASTA

Whole grain pasta with alfredo sauce and chicken. Steamed broccoli available on the side.

10/12 OVEN BAKED CRINKLE FRIES

Baked crinkle fries pair great with a cheeseburger!



10/13 FILIPINO CHICKEN ADOBO W/ RICE

House-made Filipino Chicken Adobo made with Mary's Air Chilled Chicken and freshly prepared white rice.

10/17 CHEESE LASAGNA ROLL-UP

Whole grain lasagna noodles with ricotta & mozzarella topped with marinara sauce and cheese.