

FREE
for ALL
Students

**OCTOBER 2025
Preschool 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 (P)	10 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza 🌿	13 Tonkatsu Sandwich (P) (S) 🇯🇵 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 🇸🇪	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 nitrates or nitrites added</i>	24 GF Teriyaki Chicken w/ Brown Rice 🍴
Cheese Pizza Wedge 🌿	27 Kickin' Nuggets w/ Roll 🌿	28 Chicken Dumplings w/ Teriyaki (S)	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
🌿 Vegetarian
🌱 Vegan
(P) Contains Pork

(S) Contains Sesame
🇺🇸 One Health Cert.
🇺🇸 Locally Made
🍴 House Made

🇺🇸 Grass-fed Beef, Regenerative Ranch

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

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FREE
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Students

OCTOBER 2025
Preschool 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 🌿 🌊	GF Honey Cheerios Cereal 🌿
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 GF Honey Cheerios Cereal 🌿
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 GF Honey Cheerios Cereal 🌿

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!

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, nights, and summers off.

Paid vacation, sick leave and holidays.

Health benefits available for many open positions.

Visit bit.ly/wefeedkids or scan the QR code:



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

10/18 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!

