

FREE
for ALL
Students



OCTOBER 2026 Combo TK-8 Lunch



**WHAT'S A
SCARECROW'S
FAVORITE
FRUIT?**

SERVING: Carl Hankey TK-8 • Harold Ambuehl Elementary • South County Virtual Academy Middle School

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruits, Veggie & Milk with Meal Fruits & Veggies May Include: Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Organic Apple Slices, Organic Banana, Organic Gala Apple, Organic Magenta Dragon Fruit, Persian Cucumber, Plum, Tater Tots, Yellow Corn 1% Milk* & Nonfat Milk* <i>*made from cows not treated with rBST</i>			1 Chicken Pretzel Dog* <i>*no nitrates or nitrates added</i>	2 Bolognese Spaghetti
	Cheese Personal Pan Pizza	5 Macaroni & Cheese	6 Crispy Chicken Filet Sandwich on Brioche Bun	8 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	9 Mandarin Orange Chicken w/ Chow Mein
	Mozzarella Crunchers	12 Cheeseburger Waffle Fries	13 Pepperoni Personal Pan Pizza* <i>*no nitrates or nitrates added, made with beef & turkey</i>	15 Pasta with Chicken Meatballs	16 Chicken Adobo* w/ Brown Rice <i>*no antibiotics ever</i> Satsuma Mandarin
	CELEBRATE NATIONAL SCHOOL LUNCH WEEK!				
Cheese Personal Pan Pizza	19 GF Chicken Taquitos* <i>*no antibiotics ever</i>	20 Crispy Chicken Drumstick w/ Waffles	21 Chicken Tender Parmesan w/ Shells	22 Hamburger Lettuce & Tomato Cup (side)	23 GF Chicken Teriyaki w/ Brown Rice
Kickin' Nuggets w/ Roll	26 Grilled Cheese Flatbread	27 Bean & Cheese Burrito	28 GF Make Your Own Nachos	29 Chicken Double Dog* <i>*no nitrates or nitrates added</i>	30 Bolognese Spaghetti

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

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

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OCTOBER 2026 Combo TK-8 Breakfast



SERVING: Carl Hankey TK-8 • Harold Ambuehl Elementary • South County Virtual Academy Middle School

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruits & Milk with Meal Fruits May Include: Applesauce, Grapes, Organic Apple Slices, Organic Banana, Organic Gala Apple, Plum, Strawberry Apple Crisps 1% Milk* & Nonfat Milk* <i>*made from cows not treated with rBST</i>			1 Plain Bagel w/ Cream Cheese	2 Mini Cinnis
GF Honey Cheerios Cereal	5 GF Vanilla Greek Yogurt w/ GF Cinnamon Granola NEW	6 Chicken Sausage Pancake Sandwich	7 Blueberry Bagel w/ Cream Cheese	8 Chocolate Croissant	9 Pancake Bites
GF Cinnamon Chex Cereal	12 Blueberry Muffin	13 Sunrise Sandwich (P)	14 French Toast Sticks	15 Plain Bagel w/ Cream Cheese	16 Mini Cinnis
GF Honey Cheerios Cereal	19 GF Vanilla Greek Yogurt w/ GF Cinnamon Granola	20 Chicken Sausage Pancake Sandwich	21 Blueberry Bagel w/ Cream Cheese	22 Chocolate Croissant	23 Pancake Bites
GF Cinnamon Chex Cereal	26 Blueberry Muffin	27 Sunrise Sandwich (P)	28 French Toast Sticks	29 Plain Bagel w/ Cream Cheese	30 Mini Cinnis
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!

NEW ITEM:

GF VANILLA GREEK YOGURT W/ GF CINNAMON GRANOLA

There's a new gluten-free granola in town! Give it a try on Monday, October 5th.

Vanilla Greek yogurt + cinnamon granola = a creamy, crunchy gluten-free breakfast combo.



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:



NATIONAL SCHOOL LUNCH WEEK

CUSD joins school districts nationwide to celebrate National School Lunch Week 10/12-10/16!

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 16, 2026.

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 10/17

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.

10/17 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!

School Lunch Week Specials

10/12: CHEESEBURGER & WAFFLE FRIES

Grass-fed beef patty from a California regenerative ranch with 100% real American cheese, served with crispy Waffle Fries.



10/13 PEPPERONI PERSONAL PAN PIZZA



Did you know our new pepperoni pizza this year is made with beef & turkey and no nitrates or nitrites?

10/14: GF MAKE YOUR OWN NACHOS

A Capistrano Unified lunch favorite! Beef taco meat, beans and cheese paired with gluten-free corn chips.



10/15: PASTA WITH CHICKEN MEATBALLS

Made with Etto pasta from San Luis Obispo and garlic basil chicken meatballs with marinara sauce.



10/16: CHICKEN ADOBO W/ BROWN RICE

A CUSD Chef specialty! Wrap up National School Lunch Week with Chef Joana's family chicken adobo recipe and brown rice.

