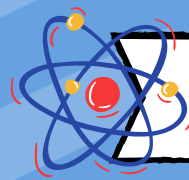


FREE
for ALL
Students



SEPTEMBER 2022 Elementary Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

Loco
Burrito

Vegetarian
GF Gluten Free

Contains Pork
 Vegan

Follow Us! @capofood
*capistrano.healtheliving.net

1
Brunch for
Lunch: Chicken
Sausage
Pancake Bites

2
GF Teriyaki
Chicken w/
Brown Rice

Cheese
Croissant
Sandwich

5
*Labor
Day*

6
GF Make Your
Own Nachos

7
Crispy Chicken
Drumstick w/
Waffles

8
Chicken
Double Dogs

9
Housemade
Bolognese
Spaghetti

GF Yogurt &
Granola

12
Mozzarella
Crunchers

13
GF Make Your
Own Nachos

14
Crispy Chicken
Filet
Sandwich

15
Chef Salad w/
Diced Turkey,
Ranch &
Flatbread

16
All Beef
Pretzel Dog

Galaxy Cheese
Pizza

19
Kickin'
Nuggets w/
Roll

20
GF Make Your
Own Nachos

21
Crispy Chicken
Tenders w/
Cornbread
Poppers

22
GF Chicken
Taqitos

23
Mandarin
Orange Chicken
w/ Chow Mein

Loco
Burrito

26
Macaroni &
Cheese

27
GF Make Your
Own Nachos

28
Cheeseburger
Sliders

29
Turkey
Burger

30
Turkey
& Cheese Sub
Sandwich

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup,
 Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Celery.

1% Milk & Nonfat Chocolate Milk

This institution is an equal
opportunity provider.

Menus are subject to
change without notice.





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

SEPTEMBER

NEW ITEMS

CHEF SALAD: 9/15

Fresh spinach, romaine, cherry tomatoes, and diced all white meat turkey served with ranch dressing and flatbread.

TURKEY BURGER: 9/29

All Natural Turkey Patty with no artificial ingredients served on a whole grain knot bun.

COMING SOON!

GF HONEY CHEERIOS



NATIONAL TRUCK DRIVER WEEK SEPT. 11-17

We are SO GRATEFUL for the CUSD drivers that deliver food and supplies to our 57 schools sites daily!

We are also grateful to all truck drivers for supporting the needs of our large operation.

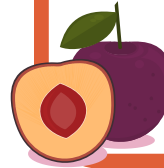


FARM 2 SCHOOL: STONE FRUIT

Stone Fruits are rich in vitamins A, C and E, as well as fiber, potassium and antioxidants.

Antioxidants are nutrition superstars that can protect our bodies from illness.

Look for California stone fruit at school this September!



Snack on stone fruit at home or add to a smoothie for a yummy snack!

EDUCATION BENEFIT FORMS MATTER!

Meals are free for all students this school year. Education Benefit Forms (formerly known as meal applications) are still VERY important!

- They benefit your family!
 - Receive chromebook insurance, discounted utilities, discounted bus passes & more.
- They benefit your school and CUSD!
 - Provide increased funding through the Local Control Funding Formula.
 - Fund support staff, computers & technology, career tech programs.
 - Support equipment grants to improve meal quality.

APPLY TODAY! lunchapplication.com



9/25 National Food Service Worker Day

Say "Thank You" to a Food Service Worker at your school or out at a restaurant.

9/27 National Chocolate Milk Day

Enjoy Non-Fat Chocolate Milk at school!



CHILD'S POSE

Kneel on the floor, touching your big toes together.

Sit back on your heels, and separate your knees hip-width apart.

Slowly bring your head down, and rest it on the floor in front of you.

Comfortably stretch your arms in front of you. Relax and breathe.



Celebrating FOOD LITERACY MONTH!

Food Literacy:

Understanding the effect of our food choices on our health, environment, and economy.

Write letters to farmers.



Take a virtual field trip! Watch a farm video tour.

Visit a local farmers market to ask farmers about their farms and produce.



Sample a new fruit or veggie and connect the produce to where it came from. Is it from CA? Is it from the US? How did it get here?

