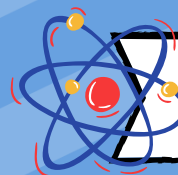


FREE
for ALL
Students



SEPTEMBER 2023

Hankey K-8 Breakfast

WHY DID THE
TORTILLA
CHIP START
DANCING?



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Cinnamon
Chex Cereal

Vegetarian
GF Gluten Free
Contains Pork

Follow Us! @capofood
capistrano.healtheliving.net

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

1
Mini
Cinnis

GF Honey
Cheerios
Cereal

4
**Labor
Day**

5
Buttery
Maple
Waffle

6
Sunrise
Sandwich

7
Mini Apple
Bites

8
Mini
Cinnis

GF Cinnamon
Chex Cereal

11
Oatmeal
Chocolate Chip
Bar

12
Blueberry
Muffin

13
Aloha
Sandwich
(beef)

14
Chicken
Sausage
Pancake
Sandwich

15
Pancake &
Turkey
Sausage Stick

GF Honey
Cheerios
Cereal

18
Oatmeal
Chocolate Chip
Bar

19
Sunrise
Sandwich

20
Chocolate Chip
French Toast

21
Breakfast
Pizza
Bagel

22
Mini
Cinnis

GF Cinnamon
Chex Cereal

25
Oatmeal
Chocolate Chip
Bar

26
Wild
Blueberry
Waffle

27
Aloha
Sandwich
(beef)

28
Mini Apple
Bites

29
Pancake &
Turkey
Sausage Stick

Fruits & Milk with Meal

Fruits May Include: Apple, Pear, Orange, Banana,
Raisins, Frozen Fruit Cup, Seasonal Fresh Fruit

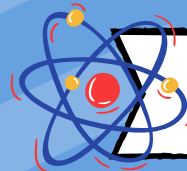


1% Milk* & Nonfat Chocolate Milk*

*made from cows not treated with rBST



FREE
for ALL
Students



SEPTEMBER 2023 Hankey K-8 Lunch

**BECAUSE
THEY PUT ON
THE SALSA!**



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Yogurt* w/
GF Granola

**made from cows not
treated with rBST*

Middle School:
Pizza Hut Pizza

Vegetarian
GF Gluten Free

Contains Pork
Vegan

Locally Baked by
Bread Artisan
Bakery in Santa
Ana!

House-made
in our
Central
Kitchen!

1
Bolognese
Spaghetti

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Loco
Burrito

Middle School:
Pizza Hut Pizza

**Labor
Day**

5
GF Make Your
Own Nachos

6
Crispy Chicken
Drumstick* w/
Waffles

**no antibiotics ever*

7
Chicken
Pretzel Dog*

**no nitrites or nitrates*

8
Penne w/
Meatballs

Galaxy Cheese
Pizza

Middle School:
Pizza Hut Pizza

11
Mozzarella
Crunchers

12
GF Chicken
Taquitos

13
Crispy Chicken
Tenders* w/
Cornbread
Poppers

**no antibiotics ever*

14
Mini
Cheeseburger
Sliders

15
Mandarin
Orange
Chicken w/
Chow Mein

Cheese
Croissant
Sandwich

Middle School:
Pizza Hut Pizza

18
Cheeseburger
w/ side of House-
Made Pickles

**NATIONAL
CHEESEBURGER DAY**

19
GF Make Your
Own Nachos

20
Crispy Chicken
Filet*
Sandwich

**no antibiotics ever*

21
Chicken
Double Dogs*

**no nitrites or nitrates*

22
Macaroni &
Cheese

GF Yogurt* w/
GF Granola

**made from cows not
treated with rBST*

Middle School:
Pizza Hut Pizza

25
House-Made
Cheesy Dilla
w/ Salsa Cup

**NATIONAL
QUESADILLA DAY!**

26
GF Chicken &
Green Chili
Tamale

27
Kickin'
Nuggets w/
Roll

28
Galaxy
Pepperoni
Pizza
(turkey & beef)

29
GF Teriyaki
Chicken w/
Rice

Fruits, Veggies & Milk with Meal

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



1% Milk* & Nonfat Chocolate* Milk

**made from cows not treated with rBST*

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NEW ITEMS

9/18: CHEESEBURGER ON LOCALLY BAKED BUN WITH SIDE OF HOUSE-MADE PICKLES



All-beef patty with melted cheese on a whole wheat bun. The bun is baked locally in Santa Ana by Bread Artisan Bakery!

A side of house-made pickles will be available to enjoy with the cheeseburger. The pickles are made in our central kitchen! Check out the recipe above and make pickles at home!

9/25: HOUSE-MADE CHEESY DILLA WITH SIDE OF SALSA

Flour tortilla with grated cheddar and mozzarella cheese made in our central kitchen.

A side of salsa will be available to dip with the dillas.

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

PICKLE RECIPE



2 Cucumbers, sliced coins or spears
2 cloves Garlic, chopped | 1/2 cup Rice Vinegar
2 Tbsp Sugar | 1.5 Tbsp Salt | 1 tsp Black Pepper
1 Bay Leaf | 3/4 cup Hot Water

- Combine vinegar, sugar, salt, pepper, garlic and hot water in a bowl.
- Place cucumber into a wide-mouth jar and top with bay leaf. Pour all liquid over cucumbers so they are fully covered.
- Cover & refrigerate at least 3 hours. Remove bay leaf. Pickles will keep in refrigerator for up to 3 weeks.

FARM 2 SCHOOL: STONE FRUIT

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

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

Look for California grown peaches, plums, and organic nectarines at school this September!



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



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?

SEPTEMBER

9/10-9/16 
National Truck Driver Week

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.

9/18 *National Cheeseburger Day*

Celebrate with a Cheeseburger for lunch at school! The bun is baked locally in Santa Ana by Bread Artisan Bakery.

9/25 *National Quesadilla Day*

Enjoy a house-made Cheesy Dilla for lunch at school! Dunk in a side of salsa.