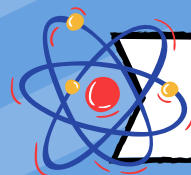


FREE
for ALL
Students



SEPTEMBER 2023

Journey Breakfast

WHY DID THE
TORTILLA
CHIP START
DANCING?



Monday

Tuesday

Wednesday

Thursday

Friday

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.*

Offered Daily

| | | | | | |
|--------------------------|----------------------------------|-----------------------------|-----------------------------------|--|--------------------------------------|
| GF Honey Cheerios Cereal | | | 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

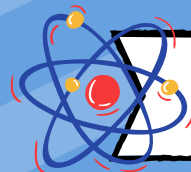


1% Milk* & Nonfat Chocolate Milk*

**made from cows not treated with rBST*



FREE
for ALL
Students



SEPTEMBER 2023 Journey Lunch

**BECAUSE
THEY PUT ON
THE SALSA!**



Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian
GF Gluten Free

Contains Pork
 Vegan

Locally Baked by
Bread Artisan
Bakery in Santa
Ana!

House-made
in our
Central
Kitchen!

Follow Us! @capofood
*capistrano.healtheliving.net

Offered Daily

Loco
Burrito

Galaxy Cheese
Pizza

Cheese
Croissant
Sandwich

GF Yogurt* w/
GF Granola

**made from cows not
treated with rBST*

11
Mozzarella
Crunchers

18
Cheeseburger
w/ side of House-
Made Pickles

**NATIONAL
CHEESEBURGER DAY**

25
House-Made
Cheesy Dilla
w/ Salsa Cup

**NATIONAL
QUESADILLA DAY!**

12
GF Chicken
Taqitos

19
GF Make Your
Own Nachos

26
GF Chicken &
Green Chili
Tamale

6
Crispy Chicken
Drumstick* w/
Waffles

**no antibiotics ever*

13
Crispy Chicken
Tenders* w/
Cornbread
Poppers

**no antibiotics ever*

20
Crispy Chicken
Filet*
Sandwich

**no antibiotics ever*

27
Kickin'
Nuggets w/
Roll

7
Chicken
Pretzel Dog*

**no nitrites or nitrates*

14
Mini
Cheeseburger
Sliders

21
Chicken
Double Dogs*

**no nitrites or nitrates*

28
Galaxy
Pepperoni
Pizza
(turkey & beef)

8
Penne w/
Meatballs

15
Mandarin
Orange
Chicken w/
Chow Mein

22
Macaroni &
Cheese

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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change without notice.*





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!
 - Provide increased funding.
 - 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.