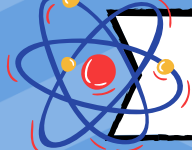


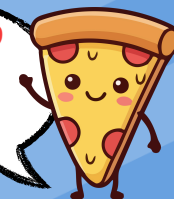
FREE
for ALL
Students



SEPTEMBER 2026

Combo TK-8 Lunch

**WANT TO
HEAR A
PIZZA
JOKE?**



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily					
Kickin' Nuggets w/ Roll 		1 Chicken Dumplings w/ Teriyaki Sauce 	2 GF Make Your Own Nachos	3 Chicken Double Dog* <i>*no nitrites or nitrates added</i>	4 Bolognese Spaghetti 
Cheese Personal Pan Pizza 	7 Labor Day	8 Crispy Chicken Filet Sandwich on Brioche Bun	9 Hamburger Sliders	10 Make Your Own Chicken Soft Tacos* <i>*no antibiotics ever</i> Lettuce, Tomato, & Cheese Cup (side)	11 Mandarin Orange Chicken w/ Chow Mein
Mozzarella Crunchers 	14 Kickin' Sandwich  	15 Crispy Chicken Tenders w/ Cornbread Poppers	16 Pepperoni Personal Pan Pizza* <i>*no nitrates or nitrites added</i>	17 Roasted Mary's Chicken Drumstick w/ Roll 	18 Pasta with Meatballs 
Cheese Personal Pan Pizza 	21 Chicken Egg Roll 	22 Crispy Chicken Drumstick w/ Waffles	23 California-Style Beef Burrito 	24 Hamburger  Lettuce & Tomato Cup (side)	25 Cheese & Pepperoni Pizza Wedges 
Kickin' Nuggets w/ Roll 	28 Grilled Cheese Flatbread 	29 Chicken Dumplings w/ Teriyaki Sauce 	30 GF Make Your Own Nachos	 Vegetarian  Vegan GF Gluten Free  Contains Pork  Grass-fed Beef, Regenerative Ranch	
				 Locally Made  House Made  Freshly Baked  Contains Sesame	



Meal includes entree, fruit, veggies, & milk!



Fruits & Vegetables May Include: Baby Carrots, Broccoli Florets, Celery Sticks, Edamame, Grapes, Jicama Sticks, Nectarine, Organic Apple Slices, Organic Fuji Apple, Organic Magenta Dragon Fruit, Persian Cucumber, Plum, Tater Tots, Yellow Corn



1% Milk* & Nonfat Milk*

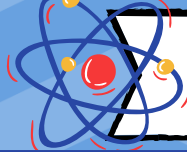
**made from cows not treated with rBST*

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FREE
for ALL
Students



SEPTEMBER 2026

Combo TK-8 Breakfast

**NEVERMIND
- IT'S TOO
CHEESY.**



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

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal		1 Sunrise Sandwich 	2 French Toast Sticks	3 Plain Bagel w/ Cream Cheese	4 Mini Cinnis
GF Cinnamon Chex Cereal	7 Labor Day	8 Chicken Sausage Pancake Sandwich	9 Blueberry Bagel w/ Cream Cheese	10 Chocolate Croissant	11 Pancake Bites
GF Honey Cheerios Cereal	14 Blueberry Muffin	15 Sunrise Sandwich 	16 French Toast Sticks	17 Plain Bagel w/ Cream Cheese	18 Mini Cinnis
GF Cinnamon Chex Cereal	21 GF Vanilla Greek Yogurt w/ GF Granola	22 Chicken Sausage Pancake Sandwich	23 Blueberry Bagel w/ Cream Cheese	24 Chocolate Croissant	25 Pancake Bites
GF Honey Cheerios Cereal	28 Blueberry Muffin	29 Sunrise Sandwich 	30 French Toast Sticks	GF Gluten Free  Contains Pork Vegetarian  Freshly Baked	

Meal includes entree, fruit, & milk!



Fruits & Vegetables May Include: Applesauce, Grapes, Nectarine, Organic Apple Slices, Organic Fuji Apple, Plum, Strawberry Apple Crisps



1% Milk* & Nonfat Milk*

**made from cows not treated with rBST*

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NEW ITEMS

9/21: CHICKEN EGG ROLL



Two whole grain chicken egg rolls with veggies. Try it with our new Sweet and Sour Sauce!

9/23: CALIFORNIA-STYLE BEEF BURRITO



House made in our Central Kitchen with beef, tater tots, organic cheddar cheese, and a whole grain tortilla.

9/28: GRILLED CHEESE FLATBREAD

Made with American and Swiss cheeses.



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

PIZZA DAY!

Two slices. Two ways.

Which one are you picking?

Cheese Pizza Wedge

Pepperoni Pizza Wedge (P)



(P) **Contains Pork**

Please note: this Pizza Day pepperoni is pork. Our Personal Pan Pepperoni is all beef.

ONE DAY ONLY!
FRIDAY SEPTEMBER 25

FARM 2 SCHOOL: ORGANIC DRAGON FRUIT

Dragon fruit tastes like a cross between a pear and a kiwi. It's also called pitaya and strawberry pear.

Dragon fruit is a good source of antioxidants that are good for your brain and heart!

This dragon fruit is grown in Fallbrook, CA!



EDUCATION BENEFIT FORMS

Meals are free for all students this school year, but 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! SchoolCafe.com/capousd

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.



Try 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

9/14-9/18

National Truck Driver Week



We are **SO GRATEFUL** for the CUSD drivers that deliver food and supplies to our 54 schools sites daily!

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

9/26 *National Pancake Day*



Originally called "Eat Like a Lumberjack Day," you can celebrate with Pancake Bites for breakfast a day early!

9/30 *World School Milk Day*



Milk has calcium and vitamin D for your bones. Our school milk comes from San Marcos, California!