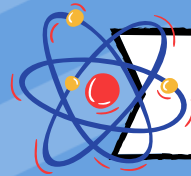


FREE
for ALL
Students



SEPTEMBER 2026 Preschool Lunch

**WANT TO
HEAR A
PIZZA
JOKE?**



	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily					
Kickin' Nuggets w/ Roll		1 Chicken Dumplings w/ Teriyaki Sauce S	2 GF Make Your Own Nachos	3 Kickin' Nuggets w/ Roll	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* *no antibiotics ever Lettuce, Tomato, & Cheese Cup (side)	11 Mandarin Orange Chicken w/ Chow Mein
Mozzarella Crunchers	14 Kickin' Sandwich S	15 Crispy Chicken Tenders w/ Cornbread Poppers	16 Pepperoni Personal Pan Pizza* *no nitrates or nitrites added	17 Roasted Mary's Chicken Drumstick w/ Roll	18 Pasta with Meatballs
Cheese Personal Pan Pizza	21 Chicken Egg Roll NEW	22 Crispy Chicken Drumstick w/ Waffles	23 California-Style Beef Burrito NEW	24 Hamburger Lettuce & Tomato Cup (side)	25 Cheese & Pepperoni Pizza Wedges P
Kickin' Nuggets w/ Roll	28 Grilled Cheese Flatbread NEW	29 Chicken Dumplings w/ Teriyaki Sauce S	30 GF Make Your Own Nachos	V Vegetarian VG Vegan GF Gluten Free P Contains Pork RF Grass-fed Beef, Regenerative Ranch LM Locally Made HM House Made FB Freshly Baked S Contains Sesame	



Meal includes entree, fruit, veggies, & milk!

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



1% Milk* & Nonfat Milk*

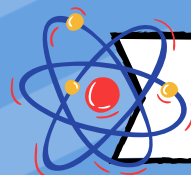
*made from cows not treated with rBST

Follow Us! @capofood

capistrano.healtheliving.net

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

FREE
for ALL
Students



SEPTEMBER 2026 Preschool Breakfast

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



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

Meal includes entree, fruit, & milk!



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



1% Milk* & Nonfat Milk*

**made from cows not treated with rBST*

📷 Follow Us! @capofood

✉ capistrano.healtheliving.net

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



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!