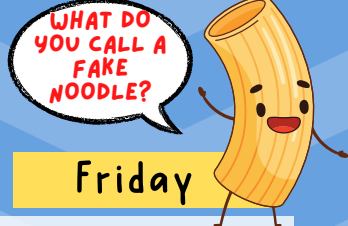


SEPTEMBER 2024  
Journey TK-8 Lunch



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿			4 GF Chicken Taquitos* <i>*no antibiotics ever</i>	5 Cheeseburger Sliders	6 Penne w/ Meatballs
Cheese Croissant Sandwich 🌿	9 Macaroni & Cheese 🌿	10 Crispy Chicken Drumstick w/ Waffles	11 Crunchy Beef & Cheese Tacos Lettuce & Tomato Cup (side)	12 Chicken Double Dog* <i>*no nitrites or nitrates</i>	13 GF Teriyaki Chicken w/ Brown Rice 🥄
Cheese Pizza Wedge 🌿	16 Kickin' Nuggets w/ Roll 🌿	17 Chicken Pot Stickers w/ Teriyaki Sauce 🍷	18 GF Make Your Own Nachos	19 Hamburger on Potato Brioche Bun 🍷 Lettuce & Tomato Cup (side)	20 Bolognese Spaghetti 🥄
Bean & Cheese Burrito 🌿	23 Mozzarella Crunchers 🌿	24 Crispy Chicken Filet 🍷 Sandwich	25 GF Chicken Tamale	26 Pepperoni Pizza Wedge 🍷 <b>NEW</b>	27 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza 🌿	30 Kickin' Sandwich 🌿 <b>NEW</b>	<ul style="list-style-type: none"> <li>🌿 Vegetarian</li> <li>🍷 GF Gluten Free</li> <li>🥄 House-Made</li> <li>🍷 Contains Pork</li> <li>🍷 Locally Baked</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Contains Sesame</li> <li>🌿 Vegan</li> <li>🍷 Grass Fed Beef, Regenerative Ranch</li> <li>🍷 One Health Certified</li> </ul>	<p>📷 Follow Us! @capofood *capistrano.healtheliving.net</p>	

Fruits, Veggies & Milk with Meal

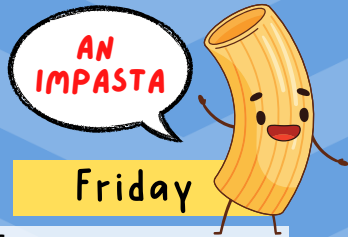
🌿 Fruits May Include: Apple, Orange, Grapes, Nectarine, Donut Peach, Kiwi, Kiwi Berries, Baby Carrots, Side Salad, Celery, Broccoli, Edamame, Corn, Tater Tots, Jicama.

🥛 1% Milk\* & Nonfat Chocolate Milk\* *\*made from cows not treated with rBST*

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



SEPTEMBER 2024  
Journey TK-8 Breakfast



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🌿			4 Maple Waffle 🌿	5 Aloha Sandwich (beef)	6 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	9 GF Vanilla Greek Yogurt* w/ GF Granola 🌿	10 Breakfast Pizza Bagel 🌿	11 French Toast Sticks 🌿	12 Plain Bagel w/ Cream Cheese 🌿	13 Mini Apple Breakfast Bites 🌿
GF Honey Cheerios Cereal 🌿	16 Blueberry Muffin 🌿	17 Sunrise Sandwich (P)	18 Maple Waffle 🌿	19 Chicken Slider on Hawaiian Roll 🌿	20 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	23 GF Vanilla Greek Yogurt* w/ GF Granola 🌿	24 Chicken Sausage Pancake Sandwich	25 French Toast Sticks 🌿	26 Plain Bagel w/ Cream Cheese 🌿	27 Mini Apple Breakfast Bites 🌿
GF Honey Cheerios Cereal 🌿	30 Blueberry Muffin 🌿	🌿 Vegetarian      🌿 Freshly Baked 🌿 GF Gluten Free (P) Contains Pork 🌿 One Health Certified			📷 Follow Us! @capofood ✨*capistrano.healtheliving.net

Fruits & Milk with Meal

🌿 Fruits May Include: Apple, Orange, Grapes, Nectarine, Donut Peach, Apple Crisps, Applesauce

🥛 1% Milk\* & Nonfat Chocolate Milk\* *\*made from cows not treated with rBST*

*This institution is an equal opportunity provider.  
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Hi there! Welcome to Capo Crunch! Join us every month for menu updates, wellness tips, nutrition knowledge & more!

SEPTEMBER

9/15 national Cheese Pizza Day



Celebrate with Galaxy Cheese Pizza for lunch at school!

9/15-21



National Truck Driver Week

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

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

9/18 national Burger Day



Celebrate on September 19 when Hamburger on Brioche Bun is on the lunch menu! The beef patty is grass fed and raised on a regenerative ranch. The potato brioche bun is locally baked by Sadie Rose Baking Co.

NEW ITEMS  
9/9: GF VANILLA GREEK YOGURT W/ GF GRANOLA

Vanilla flavored Greek yogurt served with cinnamon granola.



9/12: PLAIN BAGEL W/ CREAM CHEESE

Freshly baked bagel served with cream cheese.



9/19: CHICKEN SLIDER ON HAWAIIAN ROLL

One Health Certified, whole muscle breaded chicken filet served on a mini whole grain rich Hawaiian roll.



9/26: PEPPERONI PIZZA WEDGE

Pizza wedge made with whole grain rich crust, 4 cheeses, and beef & pork pepperoni.



FARM 2 SCHOOL  
ORGANIC DONUT PEACHES



Also known as Saturn peaches or flat peaches due to their shape. Our donut peaches are from Terra Firma, in Winters, CA.

KIWI BERRIES



Mini kiwis without fuzzy skin. Eat them whole like grapes!

ONE HEALTH CERTIFIED



This month, two of our menu items are made with chicken that is One Health Certified: Crispy Chicken Filet Sandwich and Chicken Slider on Hawaiian Roll.

One Health Certified is a systems-based, industry-developed animal care program verified by the USDA. It is open to any farmer or producer that meets standards confirmed by an annual third-party audit.

CUSD is proud to add One Health Certified items to our menu.

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! [schoolcafe.com/capousd](http://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. To send letters to farmers CUSD receives produce from, email [stillingworth@capousd.org](mailto:stillingworth@capousd.org)



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?