

SEPTEMBER 2024 LUNCH
 Capistrano Virtual TK-8 &
 CA Prep. Academy High School



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿	2 Labor Day	3 Chicken Tenders w/ Cornbread Poppers	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 🍷 NEW	27 Mandarin Orange Chicken w/ Chow Mein
Galaxy Cheese Pizza 🌿	30 Kickin' Sandwich 🌿 NEW	<ul style="list-style-type: none"> 🌿 Vegetarian 🍷 GF Gluten Free 🥄 House-Made 🍷 Contains Pork 🍷 Locally Baked 	<ul style="list-style-type: none"> 🍷 Contains Sesame 🌿 Vegan 🍷 Grass Fed Beef, Regenerative Ranch 🍷 One Health Certified 	<p>📷 Follow Us! @capofood ✨ capistrano.healtheliving.net</p> <p><i>**Whole Grain Tortilla Chips are available as an additional item for grades 9-12 on Mondays, Wednesdays & Fridays**</i></p>	

Fruits, Veggies & Milk with Meal

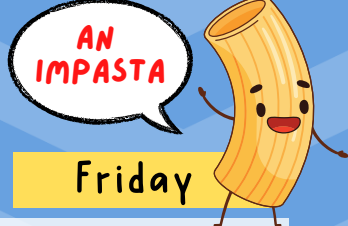
🍏 **Fruits May Include:** Apple, Orange, Grapes, Nectarine, Organic Donut Peach, Kiwi, Kiwi Berries, Baby Carrots, Side Salad, Celery, Broccoli, Edamame, Corn, Tater Tots, Jicama.

🥛 **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 BREAKFAST
 Capistrano Virtual TK-8 &
 CA Prep. Academy High School



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal	Labor Day	Blueberry Muffin	Mini Apple Breakfast Bites	Blueberry Waffle	Mini Cinnis
GF Cinnamon Rice Chex Cereal	GF Vanilla Greek Yogurt* w/ GF Granola	Blueberry Muffin	Mini Apple Breakfast Bites	Maple Waffle	Mini Cinnis
GF Honey Cheerios Cereal	Maple Waffle	Blueberry Muffin	Mini Apple Breakfast Bites	Blueberry Waffle	Mini Cinnis
GF Cinnamon Rice Chex Cereal	GF Vanilla Greek Yogurt* w/ GF Granola	Blueberry Muffin	Mini Apple Breakfast Bites	Maple Waffle	Mini Cinnis
GF Honey Cheerios Cereal	Maple Waffle	Vegetarian GF Gluten Free	Instagram: @capofood *capistrano.healtheliving.net This institution is an equal opportunity provider. Menus are subject to change without notice.		

Fruits & Milk with Meal

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

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





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



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 stilingworth@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?

