

**FREE**  
for ALL  
Students



# DECEMBER 2022 Journey Lunch

WHAT IS A  
SNOWMAN'S  
FAVORITE  
FOOD?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese Sandwich 🌿	🌿 Vegetarian 🌿 Vegan	GF Gluten Free Ⓟ Contains Pork	🇺🇸 CA Raised	1 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	2 Bolognese Penne
GF Yogurt* & Granola 🌿 <i>*made from cows not treated with rBST</i>	5 Mozzarella Crunchers 🌿	6 GF Make Your Own Nachos	7 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	8 GF Chicken Taquitos	9 All Beef Pretzel Dog* <i>*no nitrites or nitrates</i>
Galaxy Cheese Pizza 🌿	12 Kickin' Nuggets w/ Roll 🌿	13 GF Make Your Own Nachos	14 Crispy Chicken Drumstick* & Waffles <i>*no antibiotics ever</i>	15 Cheeseburger Sliders	16 GF Teriyaki Chicken w/ Brown Rice
Loco Burrito 🌿	19 Macaroni & Cheese 🌿	20 GF Make Your Own Nachos	21 Grass Fed Regenerative Beef Hot Dog 🇺🇸 <b>NEW</b>	22 Turkey & Cheese Sub Sandwich	23 No School

## Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans (P), Tater Tots, Broccoli, Celery

1% Milk\* & Nonfat Chocolate Milk\*

*\*made from cows not treated with rBST*

Due to distribution and product shortages, this menu is subject to change without notice.

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\*capistrano.healtheliving.net



This institution is an equal opportunity provider.

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Students

# DECEMBER 2022 Journey Breakfast

**BRRRR-ITOS!**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Offered Daily**

GF Honey  
Cheerios  
Cereal 🌿

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1  
Cinnamon Glazed  
French Toast  
Sticks 🌿

2  
Mini  
Cinnis 🌿

GF Cinnamon  
Rice Chex  
Cereal 🌿

5  
Oatmeal  
Chocolate  
Chip Bar 🌿

6  
Mini Apple  
Breakfast  
Bites 🌿

7  
Breakfast  
Pizza Bagel 🌿

8  
Buttery  
Maple  
Waffle 🌿

9  
Mini  
Cinnis 🌿

GF Honey  
Cheerios  
Cereal 🌿

12  
Oatmeal  
Chocolate  
Chip Bar 🌿

13  
Sunrise  
Sandwich (P)

14  
Apple Spice  
Frudel 🌿

**NEW**

15  
Chicken Sausage  
Pancake  
Sandwich

16  
Mini  
Cinnis 🌿

GF Cinnamon  
Rice Chex  
Cereal 🌿

19  
Oatmeal  
Chocolate  
Chip Bar 🌿

20  
Aloha  
Sandwich  
(beef)

21  
Cinnamon  
Glazed French  
Toast Sticks 🌿

22  
Mini  
Cinnis 🌿

23  
**No School**

**Fruits & Milk with Meal**

🍏 **Fruits May Include:** Apple, Pear, Orange,  
Banana, Raisins, Fruit Cup, Seasonal Fruit

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

🌿 Vegetarian

GF Gluten Free

(P) Contains Pork





## FARM 2 SCHOOL: GRASS FED REGENERATIVE BEEF HOT DOG

Introducing a special beef hot dog on the menu 12/21 that is:

- Pasture Raised in California
- Certified Regenerative
- Made with Bone Broth & Organic Seasonings
- Humanely Raised & Harvested

Our hot dog is from Cream Co Meats, an Oakland butchery that distributes meat from over 20 sustainable, regenerative and family-owned farms, including Richards Ranch.

Regenerative agriculture recognizes how soil, water, crops, people, and animals are elements of one interconnected system. Regenerative agriculture works with nature to manage land used for raising animals or growing plants. This allows the land to get better with time.

VIRTUAL RANCH VISIT!



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

## SNOWFLAKE POSE

Stand tall with your legs hip-width apart, feet facing forward. Straighten your arms out alongside your body. Pretend to be a snowflake drifting down from the sky. Close your eyes and take a few deep, calming breaths. Stick out your tongue and pretend to catch snowflakes on your tongue!



New!

## 12/14: APPLE SPICE FRUDEL



Whole grain-rich strudel filled with sweetly spiced apple filling.

## 12/21: GRASS FED REGENERATIVE BEEF HOT DOG



Hot dog featuring California grass fed regenerative beef that is humanely raised and harvested from Cream Co Meats on a whole grain bun.

## FROZEN YOGURT BARK

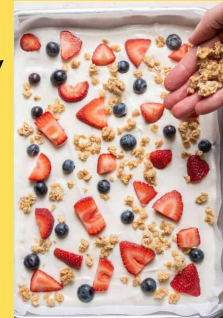
### Ingredients:

- 2 cups yogurt
- Toppings - you choose!
  - 1/2 cup chopped fresh or dried fruit
  - 1/4 cup granola
  - 1/4 cup chocolate chips or sprinkles

1. Line a baking quarter sheet pan with wax or parchment paper.
2. Pour yogurt into pan and spread so it fills the shape.

3. Top with your choice of fruit, granola, chocolate chips, sprinkles, etc.
4. Place in freezer until yogurt is firm, about 3 hours.
5. Cut into 12-15 pieces and enjoy cold.
6. Store leftovers in the freezer.

Adapted from Feel Good Foodie.  
Picture from Feel Good Foodie.



## WINTER WALK SCAVENGER HUNT!

Walk around your neighborhood or a park with family or friends. Can you find these items?

☐ Worm

☐ Puddle

☐ Bird House

☐ Something Purple

☐ Smooth Rock

☐ Cat

☐ Blue Car

☐ Red Door

☐ Bike

☐ Wreath

## DECEMBER

12/1

National Eat a Red Apple Day

Crunch on a red apple today! Apples are a good source of fiber and antioxidants.

12/7

National Letter Writing Day

Write a hand-written letter and send it to someone special! Tell them a story, thank them for something they did, or let them know why they are special to you.

12/13

National Cocoa Day

Enjoy a hot cocoa at home with someone special! Ask an adult for help preparing hot cocoa at home.

12/27

Make Cut-Out Snowflakes Day

Grab paper and scissors. Get creative and make a paper snowflake that will last all winter long! Give your snowflake to someone special or hang it in a window.