

**FREE**  
for ALL  
Students

# NOVEMBER 2022 Carl Hankey Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Offered Daily</b>					
<b>Quesadilla</b> <i>Middle School:</i> <b>Pizza Hut Pizza</b>	Vegetarian GF Gluten Free Vegan Contains Pork	1 <b>No School</b>	2 Crispy Chicken Drumstick* w/ Waffles <i>*no antibiotics ever</i>	3 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	4 Housemade Bolognese Spaghetti
<b>GF Yogurt* &amp; Granola</b> <i>*made from cows not treated with rBST</i> <i>Middle School:</i> <b>Pizza Hut Pizza</b>	7 Mozzarella Crunchers	8 GF Make Your Own Nachos	9 Turkey Taco Empanada <b>NEW</b>	10 Island Hoagie	11 <b>Veterans Day</b>
<b>Galaxy Cheese Pizza</b> <i>Middle School:</i> <b>Pizza Hut Pizza</b>	14 Kickin' Nuggets w/ Roll	15 GF Make Your Own Nachos	16 Cheeseburger Sliders	17 Turkey, Mashed Potatoes w/ Gravy & Roll <b>NEW</b>	18 GF Chicken Taquitos
	21	22	23	24	25
<b>Thanksgiving Break</b>					
<b>Grilled Cheese Sandwich</b> <i>Middle School:</i> <b>Pizza Hut Pizza</b>	28 All American Hamburger	29 GF Make Your Own Nachos	30 Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	<b>Fruits, Veggies &amp; Milk with Meal</b> <b>Fruits &amp; Veggies May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Celery. <b>1% Milk* &amp; Nonfat Chocolate Milk*</b> <i>*from cows not treated with rBST</i>	

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# NOVEMBER 2022 Carl Hankey Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Offered Daily</b>	Vegetarian GF Gluten Free Ⓟ Contains Pork	1 <i>No School</i>	2 Cinnamon Glazed French Toast Sticks	3 Strawberry & Cream Cheese Bagel <b>NEW</b>	4 Mini Cinnis
GF Cinnamon Rice Chex Cereal	7 Oatmeal Chocolate Chip Bar	8 Mini Apple Breakfast Bites	9 Breakfast Pizza Bagel	10 Pancake & Turkey Sausage Stick	11 <i>Veterans Day</i>
GF Honey Cheerios Cereal	14 Oatmeal Chocolate Chip Bar	15 Sunrise Sandwich Ⓟ	16 Buttery Maple Waffle	17 Chicken Sausage Pancake Sandwich	18 Mini Cinnis
GF Cinnamon Rice Chex Cereal	21	22	23	24	25
<b>Thanksgiving Break</b>					
GF Honey Cheerios Cereal	28 Oatmeal Chocolate Chip Bar	29 Aloha Sandwich (beef)	30 Pancake & Turkey Sausage Stick	<b>Fruits &amp; Milk with Meal</b> <b>Fruits May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit 1% Milk* & Nonfat Chocolate Milk* <i>*from cows not treated with rBST</i>	

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## FARM 2 SCHOOL: PEARS

98% of all pears grown in the US are grown in **California**, Oregon and Washington.

The wood of pear trees is one of the preferred materials in the manufacture of high quality **woodwind instruments**.

Pears are best when eaten with the peel—that is where most of the **fiber** is found!

Fiber is found in **plant** foods like fruits, vegetables, grains, nuts, and seeds.

Fiber comes in 2 forms: **insoluble** and **soluble**.

Insoluble fiber helps move food through the body. Soluble fiber helps pull cholesterol out of the body and helps you feel full.



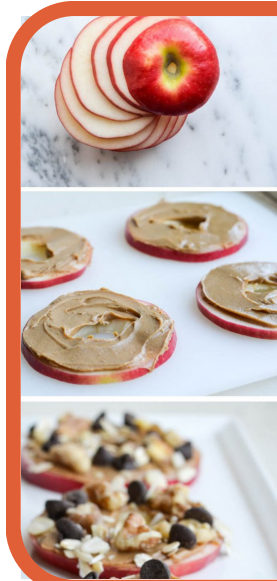
Fresh, California-grown pears are available for breakfast and lunch!

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

## INTERACTIVE MENU

Have you visited our online interactive menus? Find allergen, nutrition and ingredient information as well as pictures of menu items!

Visit [bit.ly/wefeedkids](https://bit.ly/wefeedkids) go to the menu page and scroll down to "Check Out Our Interactive Menus".



## APPLE SLICE COOKIES

1. Wash and cut apples into 1/4" slices.
2. Remove the inner core.
3. Spread your favorite nut or seed butter on top of apples.
4. Top with your choice of raisins, coconut, berries, chocolate chips, sprinkles or sunflower seeds.

Recipe and images adapted from Rachel Schultz

*New!*

## 11/3 STRAWBERRY CREAM CHEESE BAGEL

Whole grain rich mini bagels with strawberry cream cheese.



## 11/9 TURKEY TACO EMPANADA

Turkey taco filling with cheese in a delicious whole grain empanada crust.



## 11/17 TURKEY FEAST

Jennie O turkey breast, creamy mashed potatoes, gravy, and a whole grain roll.

**CHECK OUR INSTAGRAM ACCOUNT, CAPOFOOD, FOR PICTURE!**

## FALL WALK SCAVENGER HUNT!

Walk around your neighborhood or a park with family or friends.

Can you find these items?

☐ Yellow Leaf 

☐ Pinecone 

☐ Crow 

☐ Pile of Leaves 

☐ Bare Tree 

☐ Insect 

☐ Twig 


☐ Scarecrow 


☐ Tree Stump 

☐ Fire Hydrant 

## NOVEMBER

**11/8** Election Day   
For more information, go to [ocvote.gov](https://ocvote.gov)

**11/8** National STEAM/STEM Day   
Celebrate Science, Technology, Engineering, Art & Math with the Paper Chain Challenge! Using 1 sheet of paper per person, see who can make the longest chain in 10 minutes.

**11/11** Veterans Day   
A veteran is someone who served in the military – Air Force, Army, Coast Guard, Marines, Navy & Space Force. Veterans are trained for many situations & protect people who live in their country and other countries.

**11/13** I am kind World Kindness Day  
Celebrate by seeing how many acts of kindness you can do today!

**11/21** World Hello Day   
Say hello or wave and smile to 5 new friends.