

SEPTEMBER 2022 Hankey K-8 Lunch

FREE
for ALL
Students

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

Loco Burrito ✓
Middle School:
Pizza Hut Pizza

Vegetarian
GF Gluten Free

Contains Pork
Vegan

Follow Us! @capofood
capistrano.healtheliving.net

1
Brunch for Lunch: Chicken Sausage Pancake Bites

2
GF Teriyaki Chicken w/ Brown Rice

Cheese Croissant Sandwich ✓
Middle School:
Pizza Hut Pizza

5
Labor Day

6
GF Make Your Own Nachos

7
Crispy Chicken Drumstick w/ Waffles

8
Chicken Double Dogs

9
Housemade Bolognese Spaghetti

GF Yogurt & Granola ✓
Middle School:
Pizza Hut Pizza

12
Mozzarella Crunchers

13
GF Make Your Own Nachos

14
Crispy Chicken Filet Sandwich

15
Chef Salad w/ Diced Turkey, Ranch & Flatbread

16
All Beef Pretzel Dog

Galaxy Cheese Pizza ✓
Middle School:
Pizza Hut Pizza

19
Kickin' Nuggets w/ Roll ✓

20
GF Make Your Own Nachos

21
Crispy Chicken Tenders w/ Cornbread Poppers

22
GF Chicken Taquitos

23
Mandarin Orange Chicken w/ Chow Mein

Loco Burrito ✓
Middle School:
Pizza Hut Pizza

26
Macaroni & Cheese

27
GF Make Your Own Nachos

28
Cheeseburger Sliders

29
Turkey Burger

30
Turkey & Cheese Sub Sandwich

Fruits, Veggies & Milk with Meal

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

1% Milk & Nonfat Chocolate Milk

This institution is an equal opportunity provider.

Menus are subject to change without notice.





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

SEPTEMBER

NEW ITEMS

CHEF SALAD: 9/15

Fresh spinach, romaine, cherry tomatoes, and diced all white meat turkey served with ranch dressing and flatbread.

TURKEY BURGER: 9/29

All Natural Turkey Patty with no artificial ingredients served on a whole grain knot bun.

COMING SOON!

GF HONEY CHEERIOS



NATIONAL TRUCK DRIVER WEEK SEPT. 11-17

We are SO GRATEFUL for the CUSD drivers that deliver food and supplies to our 57 schools sites daily!

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

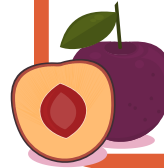


FARM 2 SCHOOL: STONE FRUIT

Stone Fruits are rich in vitamins A, C and E, as well as fiber, potassium and antioxidants.

Antioxidants are nutrition superstars that can protect our bodies from illness.

Look for California stone fruit at school this September!



Snack on stone fruit at home or add to a smoothie for a yummy snack!

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! lunchapplication.com



9/25 National Food Service Worker Day

Say "Thank You" to a Food Service Worker at your school or out at a restaurant.

9/27 National Chocolate Milk Day

Enjoy Non-Fat Chocolate Milk at school!



CHILD'S POSE

Kneel on the floor, touching your big toes together.

Sit back on your heels, and separate your knees hip-width apart.

Slowly bring your head down, and rest it on the floor in front of you.

Comfortably stretch your arms in front of you. Relax and breathe.



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.



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?

