

# SEPTEMBER 2024

## Elementary Lunch

WHAT DO YOU CALL A FAKE NOODLE?



Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
Galaxy Cheese Pizza 🌿	2 <b>Labor Day</b>	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 nitrates or nitrites</i>	13 GF Teriyaki Chicken w/ Brown Rice 🥄
Cheese Pizza Wedge 🌿	16 Kickin' Nuggets w/ Roll 🌿	17 Chicken Dumplings 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>	<div> <div> 🌿 Vegetarian  🌿 GF Gluten Free  🥄 House-Made  Ⓢ Contains Pork  🐔 Locally Baked </div> <div> Ⓢ Contains Sesame  🌿 Vegan  🍖 Grass Fed Beef, Regenerative Ranch  🐔 One Health Certified </div> </div>			

### 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*

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# SEPTEMBER 2024

## Elementary Breakfast

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Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🍃	2 <b>Labor Day</b>	3 Sunrise Sandwich 🍷	4 Maple Waffle 🍃	5 Aloha Sandwich (beef)	6 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃	9 GF Vanilla Greek Yogurt* w/ GF Granola 🍃 <b>NEW</b>	10 Breakfast Pizza Bagel 🍃	11 French Toast Sticks 🍃	12 Plain Bagel w/ Cream Cheese 🍃 <b>NEW</b>	13 Mini Apple Breakfast Bites 🍃
GF Honey Cheerios Cereal 🍃	16 Blueberry Muffin 🍃	17 Sunrise Sandwich 🍷	18 Maple Waffle 🍃	19 Chicken Slider on Hawaiian Roll 🍷 <b>NEW</b>	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 🍃	<div><div><div>🍃 Vegetarian</div><div>🍷 GF Gluten Free</div><div>🍷 Contains Pork</div><div>🍷 One Health Certified</div></div><div><div>☁️ Freshly Baked</div><div>📷 Follow Us! @capofood</div><div>🌐 capistrano.healtheliving.net</div></div></div> <div><div>This institution is an equal opportunity provider.</div><div>Menus are subject to change without notice.</div></div>			

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### 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

9/5 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?

