

Capistrano Unified School District

Food and Nutrition Services



Elementary Breakfast


Fruit of the Month chosen by our students:

WATERMELON!!



October Elementary Breakfast \$1.75

This institution is an equal opportunity provider.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Oatmeal Chocolate Chip Bar ✓ Marshmallow Mateys Cereal ✓ Sunrise Breakfast Sandwich * 	<p>10/1 Mini Pancake ✓</p> <p>Open Faced Taquito ♥</p>	<p>10/2 Scrambled Eggs, Turkey Bacon and Honey Biscuit</p> <p>Breakfast Veggie Wrap ♥</p>	<p>10/3 Bagelful ✓</p> <p>Sunshine Burrito ♥</p>	<p>10/4 Quesarito ✓</p> <p>Morning Rice Bowl w/ Roasted Veggies ♥</p>	<p>10/5 Eggo Maple Waffles ✓</p> <p>Chili with Spinach & Pita ♥</p>
<ul style="list-style-type: none"> Oatmeal Chocolate Chip Bar ✓ Honey Scooters Cereal ✓ Mini Cinnis ✓ 	<p>10/8 Cheesy Breadstick ✓</p> <p>Open Faced Taquito ♥</p>	<p>10/9 Pancake Chicken Sandwich</p> <p>Breakfast Veggie Wrap ♥</p>	<p>10/10 Egg, Cheese and Chorizo Burrito</p> <p>Sunshine Burrito ♥</p>	<p>10/11 Mini French Toast ✓</p> <p>Morning Rice Bowl w/ Roasted Veggies ♥</p>	<p>10/12 Pancake on a Stick</p> <p>Chili w/ Spinach & Pita ♥</p>
<ul style="list-style-type: none"> Oatmeal Chocolate Chip Bar ✓ Marshmallow Mateys Cereal ✓ Sunrise Breakfast Sandwich * 	<p>10/15 & 10/29 Mini Pancake ✓</p> <p>Open Faced Taquito ♥</p>	<p>10/16 & 10/30 Scrambled Eggs, Turkey Bacon and Honey Biscuit</p> <p>Breakfast Veggie Wrap ♥</p>	<p>10/17 & 10/31 Bagelful ✓</p> <p>Sunshine Burrito ♥</p>	<p>10/18 Quesarito ✓</p> <p>Morning Rice Bowl w/ Roasted Veggies ♥</p>	<p>10/19 Eggo Maple Waffles ✓</p> <p>Chili w/ Spinach & Pita ♥</p>
<ul style="list-style-type: none"> Oatmeal Chocolate Chip Bar ✓ Honey Scooters Cereal ✓ Mini Cinnis ✓ 	<p>10/22 Cheesy Breadstick ✓</p> <p>Open Faced Taquito ♥</p>	<p>10/23 Pancake Chicken Sandwich</p> <p>Breakfast Veggie Wrap ♥</p>	<p>10/24 Egg, Cheese and Chorizo Burrito </p> <p>Sunshine Burrito ♥</p>	<p>10/25 Mini French Toast ✓</p> <p>Morning Rice Bowl w/ Roasted Veggies ♥</p>	<p>10/26 Pancake on a Stick</p> <p>Chili w/ Spinach & Pita ♥</p>

What Makes A Breakfast?

Breakfast is based on 3 choices
(fruit, grain, and milk) daily.

Students must choose a fruit with their breakfast.

♥ = Vegan ✓ = Vegetarian * = Contains Pork



Daily Fresh Fruit Options May Include:

Apple Juice, Orange Juice, Organic Apples, Canned Pears, Organic Oranges Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Banana, and Applesauce Cup

1% Milk or Nonfat Chocolate Milk

** Menu subject to change without notice **

Fruit of the Month chosen by our students:

WATERMELON!!



SCHOOL LUNCH

WHAT'S COOKING?



What Makes A Lunch?

Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.

Students must choose a fruit or vegetable with their lunch.

October Elementary Lunch \$2.75

This institution is an equal opportunity provider.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Golden Crispy Tenders w/ Biscuit Fresh Baked Pita Chips, String Cheese and Hummus ✓ Galaxy Cheese Pizza ✓ Grilled Chicken Caesar Salad w/ Flatbread 	<p>10/1 & 10/29 Bean & Cheese Burrito ✓ Fajita Wrap ✓</p>	<p>10/2 & 10/30 Gluten Free Chicken Teriyaki w/ Brown Rice Riced Cauliflower w/ Pita ✓</p>	<p>10/3 & 10/31 All American Cheeseburger Chili & Potatoes ✓</p>	<p>10/4 Macaroni & Cheese ✓ Italian Style Eggplant w/ Pasta ✓</p>	<p>10/5 Chicken Hot Dog ✓ Taco Salad ✓</p>
<ul style="list-style-type: none"> Crispy Chicken Nuggets w/ Biscuit Gluten Free Vanilla Yogurt and Granola ✓ Galaxy Cheese Pizza ✓ Asian Chicken Salad w/ Flatbread 	<p>10/8 Sourdough Grilled Cheese ✓ Loco Burrito ✓</p>	<p>10/9 Crispy Baked Drumstick w/ Biscuit Veggie Rice Bowl ✓</p>	<p>10/10 Mini Corn Dogs Asian Quinoa Salad ✓</p>	<p>10/11 Homemade Bolognese Pasta Italian Rotini Bowl ✓</p>	<p>10/12 Make Your Own Nachos Hummus Wrap ✓</p>
<ul style="list-style-type: none"> Homestyle Chicken Sandwich Fresh Baked Pita Chips, String Cheese and Hummus ✓ Galaxy Cheese Pizza ✓ Grilled Chicken Caesar Salad w/ Flatbread 	<p>10/15 Macaroni & Cheese ✓ Veggie Rice Bowl ✓</p>	<p>10/16 Mandarin Orange Chicken w/ Brown Rice Riced Cauliflower w/ Pita ✓</p>	<p>10/17 Turkey & Cheese Sub Sandwich w/ Sun Chips Succotash w/ Brown Rice ✓</p>	<p>10/18 Cheeseburger Sliders Italian Style Eggplant w/ Pasta ✓</p>	<p>10/19 Mini Chicken Tacos Fajita Wrap ✓</p>
<ul style="list-style-type: none"> Popcorn Chicken w/ Biscuit Gluten Free Vanilla Yogurt and Granola ✓ Galaxy Cheese Pizza ✓ Asian Chicken Salad w/ Flatbread 	<p>10/22 Mozzarella Crunchers ✓ Hummus Wrap ✓</p>	<p>10/23 Szechuan Chicken w/ Brown Rice and Fortune Cookie Asian Quinoa Salad ✓</p>	<p>10/24 Chicken Corn Dog ✓ Veggie Rice Bowl ✓</p>	<p>10/25 Homemade Bolognese Pasta Italian Rotini Bowl ✓</p>	<p>10/26 Make Your Own Nachos Loco Burrito ✓</p>

✓ =Vegan ✓ =Vegetarian * = Contains Pork

Majority of our chicken products have no artificial ingredients & no antibiotics ever!



Daily Fresh Fruit and Vegetable Options May Include:

Apple Juice, Orange Juice, Organic Apples, Canned Pears, Organic Oranges Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Banana, and Applesauce
Organic Baby Carrots, Cooked Yellow Corn, Veggie Beans, Baked Potato Rounds, Broccoli Florets, Celery Sticks, Jicama Sticks, and Salad Greens

1% Milk or Nonfat Chocolate Milk

** Menu subject to change without notice **

Elementary Lunch

Taco Salad



Riced
Cauliflower
w/ Whole Grain
Pita
Pita



SCHOOL BREAKFAST WHAT'S COOKING?

High School Breakfast \$2.50

This institution is an equal opportunity provider.

Offered Daily:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
<ul style="list-style-type: none"> Assorted Bagels ✓ Oatmeal Chocolate Chip Bar ✓ Banana Choco Chunk Bar ✓ Warm Cinnamon Roll ✓ Zesty Bosco Pizza Stick * 		Capo Muffin Sandwich	Yogurt Parfait ✓	Breakfast Burrito	Spicy Breakfast Burrito
Week 2					
Daily Side Items: Milk: <ul style="list-style-type: none"> 1% Milk Nonfat Chocolate Milk Fruits: <ul style="list-style-type: none"> Crisp Fresh Apple Fresh Juicy Orange Apple Juice Raisins Kiwifruit Banana 		Spicy Quesadilla	Western Breakfast Bowl	Yogurt Parfait ✓	Country Bagel

✓ = Vegetarian * = Item Contains Pork

** Menu subject to change without notice **

What Makes A Breakfast?

Breakfast is based on 3 choices

(fruit, grain, and milk) daily.

Students must choose a fruit with their breakfast.

Work In Progress

Middle School Breakfast Menu

SCHOOL BREAKFAST WHAT'S COOKING?

Middle School Breakfast \$2.00

This institution is an equal opportunity provider.

Offered Daily:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
<ul style="list-style-type: none"> Assorted Bagel w/ Cream Cheese ✓ Oatmeal Chocolate Chip Bar ✓ Banana Choco Chunk Bar ✓ Cinnamon Roll ✓ Zesty Bosco Pizza Stick * 		French Toast Stick ✓	Apple Cinnamon Stick ✓	Yogurt Parfait ✓	Oven Roasted Turkey Croissant
Week 2					
Daily Side Items: Milk: <ul style="list-style-type: none"> 1% Milk Nonfat Chocolate Milk Fruits: <ul style="list-style-type: none"> Organic Apple Organic Orange Orange Juice Raisins Kiwifruit Banana 		Country Chicken Sandwich	Apple Cinnamon Stick ✓	Yogurt Parfait ✓	Bacon & Cheese Croissant

✓ = Vegetarian * = Contains Pork

** Menu subject to change without notice **

What Makes A Breakfast?

Breakfast is based on 3 choices

(fruit, grain, and milk) daily.

Students must choose a fruit with their breakfast.

High School Breakfast Menu

Always Evolving



High School Lunch \$3.25

This institution is an equal opportunity provider.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
I	Asian Pizza	Mango Chicken	Spicy Nuggets with Corn Bread	Pasta with Meatballs	Bean and Cheese Burrito ✓
II	Chicken Parmesan Hoagie	Asian Beef Rice Bowl	Philly Beef Hoagie	Italian Pizza	Meatless Meatlovers Pizza ✓
III	Stuffed Meat Stromboli	Chicken BBQ Hoagie	Asian Pizza	Pulled Chicken Torta	Asian Wrap ✓
IV	Greek Wrap with Sun Chips	Chicken Salad Sandwich	Buffalo Chicken Pizza	Hot Meatball Hoagie	Taco Salad

Offered Daily:

Tuesday and Thursday:

- Loco Burrito ✓
- Bacon Cheeseburger
- Cheese Pizza ✓
- Pepperoni Pizza
- Spicy Chicken Sandwich w/chips
- Asian Chicken Salad w/noodles
- Peanut Butter Uncrustables ✓
- Fresh Turkey Hoagie w/chips

Fruits:

Apples, Oranges, Banana, Pear, Kiwi, Raisins

Vegetables:

Side Salad, Baby Carrots, Celery w/Peanut Butter

Garlic Fries—Wednesday only

1 % Milk and Nonfat Chocolate Milk

What Makes A Lunch?

Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.

Students must choose a fruit or vegetable with their lunch.

✓ = Vegan ✓ = Vegetarian * = Contains Pork



** Menu subject to change without notice **

High School Lunch Menu

Student Input

New Ideas

Middle School Lunch Menu



Middle School Lunch \$3.00

This institution is an equal opportunity provider.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
I	Macaroni and Cheese with Original Sun Chips ✓	Mango Chicken Vegetable Fried Rice	Sicilian Stuffed Crust Pizza ✓	Pulled Pork Nachos * With Salsa	Sicilian Stuffed Crust Pizza ✓
II	Cheese Quesadilla with Garden Salsa Sun Chips ✓	Gluten Free Teriyaki Chicken with Vegetable Fried Rice ✓	Sicilian Stuffed Crust Pizza ✓	BBQ Bacon Cheeseburger	Sicilian Stuffed Crust Pizza ✓ BBQ Beef Rib Sandwich
III	Asian Wrap ✓	Encharito Bowl ✓	Sicilian Stuffed Crust Pizza ✓	Pulled Pork Nachos * With Salsa	Sicilian Stuffed Crust Pizza ✓

Offered Daily:

- Loco Burrito ✓
- Bean and Cheese Burrito ✓
- Hot and Spicy Chicken Sandwich
- Homestyle Chicken Sandwich
- Asian Chicken Salad with Flat Bread
- Dominos Cheese ✓ and Pepperoni Pizza * —Monday, Tuesday & Thursday

Fruits:

Organic Apples, Organic Oranges, Banana, Kiwi, Raisins and Organic Pears

1 % Milk and Nonfat Chocolate Milk

Vegetables:

Garden Fresh Side Salad, Organic Baby Carrots

Maple Baked Beans—Monday only

Garlic Fries—Wednesday only

What Makes A Lunch?

Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.

Students must choose a fruit or vegetable with their lunch.

✓ = Vegetarian * = Contains Pork ✓ = Vegan



** Menu subject to change without notice **

NOW Serving
Organic Fruits & Vegetables!

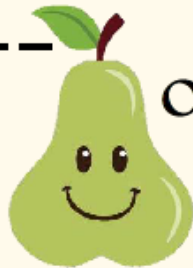


Munch & Crunch
Organic!

Organic
Baby
Carrots



Organic
Pears



Organic
Apples

Organic
Oranges



Going Organic

When a student reaches out to you and asks you to make HER school organic...

...You start slow at ALL schools with the most popular fresh produce.

JUST Water

When a student asks you to eliminate plastic water bottles from schools...
...You work with the student to make it happen at ALL schools.

Switching from traditional PET plastic to **JUST WATER**, Capistrano Unified School District achieves these environmental benefits: annually:

The same CO₂ sequestered by:



Reduction of the same CO₂ emitted by:



Reduction in amount of plastic:

8,541 lbs of plastic
♨ = 100 lbs. of plastic



Source: U.S. EPA Carbon Calculator - www.epa.gov



Compostable Packaging



When a group of students ask you to move to compostable packaging...

...You find items that work in your program and go out to bid to procure them...in progress 😊



COMPOSTABLE
IN INDUSTRIAL FACILITIES

Check locally, as these do not exist in many communities. **Not suitable for backyard composting.** CERT # 1918104