

DECEMBER 2020 Journey Menu

FREE
for ALL
Students

Monday

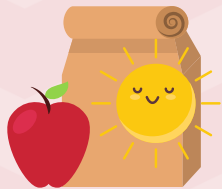
Tuesday

Wednesday

Thursday

Friday

***Breakfast**



*Packaged breakfast is available with lunch to take home and enjoy the next day!

Online Learners

5-day bags are available Mondays from 8:30-9 and 3-4 at the Food & Nutrition Services Office: 32972 Calle Perfecto, San Juan Capistrano

	1 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	2 GF Cinnamon Rice Chex* ----- All American Cheeseburger	3 Mini Cinnis* ----- Spaghetti w/ Meatballs & Garlic Toast	4 NEW! Buttery Maple Waffle* ----- Golden Crispy Chicken Tenders
7	8 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	9 GF Cinnamon Rice Chex* ----- NEW! Cheese & Green Chile Tamale	10 Mini Cinnis* ----- Crispy Chicken Drumstick w/ Waffles	11 NEW! Buttery Maple Waffle* ----- GF Teriyaki Chicken w/ Brown Rice
14	15 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	16 GF Cinnamon Rice Chex* ----- Cheeseburger Sliders	17 Mini Cinnis* ----- NEW! Penne Bolognese & Garlic Toast	18 NEW! Buttery Maple Waffle* ----- Golden Crispy Chicken Tenders
21	Winter Break			

Vegetarian GF Gluten Free

Includes Entree, Fruits, Veggies & Milk!

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

1% Milk & Nonfat Chocolate Milk



This institution is an equal opportunity provider. Menu is subject to change without notice.