



January 2021 Journey Menu

FREE
for ALL
Students

Monday

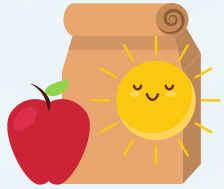
Tuesday

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

4	5 Oatmeal Choc. Chip Bar* ----- Bean & Cheese Burrito	6 GF Cinnamon Rice Chex* ----- Cheeseburger Sliders	7 Mini Cinnis* ----- Crispy Chicken Drumstick w/ Waffles	8 Buttery Maple Waffle* ----- Golden Crispy Chicken Tenders
11	12 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	13 GF Cinnamon Rice Chex* ----- Galaxy Cheese Pizza	14 Mini Cinnis* ----- Penne w/ Meatballs & Garlic Toast	15 NEW! Wild Blueberry Waffle* ----- GF Teriyaki Chicken w/ Brown Rice
18	19 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	20 GF Cinnamon Rice Chex* ----- Cheeseburger Sliders	21 Mini Cinnis* ----- Mozzarella Crunchers	22 NEW! Sweet Cinnamon Waffle* ----- Golden Crispy Chicken Tenders
25	26 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	27 GF Cinnamon Rice Chex* ----- Macaroni & Cheese	28 Mini Cinnis* ----- Crispy Chicken Drumstick w/ Waffles	29 Buttery Maple Waffle* ----- NEW! Korean BBQ Chicken w/ Brown Rice

Vegetarian GF Gluten Free

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 capistrano.healtheliving.net

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.

