

NOVEMBER 2020 Journey Menu

FREE
for ALL
Students

Monday

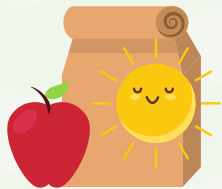
Tuesday

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

2	3	4	5	6
9	10	11 VETERANS DAY 	12 Mini Cinnis* ----- Crispy Chicken Drumstick w/ Waffles	13 Pan Dulce* ----- GF Teriyaki Chicken w/ Brown Rice
16	17 Oatmeal Choc. Chip Bar* ----- GF Make Your Own Nachos	18 GF Cinnamon Rice Chex* ----- Cheeseburger Sliders	19 Mini Cinnis* ----- Spaghetti w/ Meatballs & Garlic Toast	20 Pan Dulce* ----- Golden Crispy Chicken Tenders
23	24	25	26	27

Thanksgiving Break

30	<p> Vegetarian  GF Gluten Free</p> <p>Meal Includes Entree, Fruits, Veggies & Milk!</p> <p> Fruits & Veggies May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Baby Carrots, Cooked Corn, Veggie Beans, Tater Tots, Broccoli, Celery.</p> <p> 1% Milk & Nonfat Chocolate Milk</p>			
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This institution is an equal opportunity provider. Menu is subject to change without notice.

