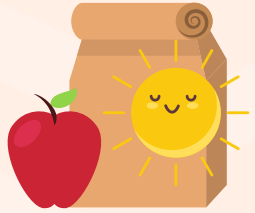


# OCTOBER 2020 Elementary Breakfast

**FREE**  
for ALL  
students!

9/28 GF Honey Nut Cheerios 🌿	9/29 Oatmeal Chocolate Chip Bar 🌿	9/30 Plain Bagel 🌿 <b>NEW</b>	1 Mini Cinnis 🌿	2 Pan Dulce Concha 🌿 <b>NEW</b>
5 GF Honey Nut Cheerios 🌿	6 Oatmeal Chocolate Chip Bar 🌿	7 Plain Bagel 🌿 <b>NEW</b>	8 Mini Cinnis 🌿	9 Pan Dulce Concha 🌿 <b>NEW</b>
12 GF Honey Nut Cheerios 🌿	13 Oatmeal Chocolate Chip Bar 🌿	14 Plain Bagel 🌿 <b>NEW</b>	15 Mini Cinnis 🌿	16 Pan Dulce Concha 🌿 <b>NEW</b>
19 GF Honey Nut Cheerios 🌿	20 Oatmeal Chocolate Chip Bar 🌿	21 Plain Bagel 🌿 <b>NEW</b>	22 Mini Cinnis 🌿	23 Pan Dulce Concha 🌿 <b>NEW</b>
26 GF Honey Nut Cheerios 🌿	27 Oatmeal Chocolate Chip Bar 🌿	28 Plain Bagel 🌿 <b>NEW</b>	29 Mini Cinnis 🌿	30 Pan Dulce Concha 🌿 <b>NEW</b>

## Rise & Shine with School Breakfast!



Shelf-stable  
breakfast bags  
are available to  
take home and  
enjoy the next  
day!

Breakfast bags  
are available  
when students  
pick up lunch.

🌿 Vegetarian    GF Gluten Free

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

📷 capofood    ✨ capistrano.healtheliving.net

**Meal Includes Entree, Fruit & Milk!**

🍎 **Fruits May Include:** Apple, Pear, Orange, Raisins

🥛 **1% Milk &  
Nonfat Chocolate Milk**

