

FREE
for ALL
Students

 **OCTOBER 2022**
 **Journey Breakfast**

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily	3 Oatmeal Chocolate Chip Bar 🌿	4 Buttery Maple Waffle 🌿	5 Sunrise Sandwich [Ⓟ]	6 Chicken Sausage Pancake Sandwich	7 Mini Cinnis 🌿
NEW	10 Oatmeal Chocolate Chip Bar 🌿	11 Aloha Sandwich (Beef)	12 Cinnamon Glazed French Toast Sticks 🌿	13 Breakfast Pizza Bagel 🌿	14 Mini Cinnis 🌿
	17 Blueberry Muffin 🌿	18 Mini Apple Breakfast Bites 🌿	19 Pancake & Turkey Sausage Stick	20 Turkey Sausage Biscuit	21 Mini Cinnis 🌿
NEW	24 Oatmeal Chocolate Chip Bar 🌿	25 Sunrise Sandwich [Ⓟ]	26 Buttery Maple Waffle 🌿	27 Chicken Sausage Pancake Sandwich	28 Mini Cinnis 🌿
	31 Oatmeal Chocolate Chip Bar 🌿	🌿 Vegetarian GF Gluten Free [Ⓟ] Contains Pork Fruits & Milk with Meal  Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit  1% Milk & Nonfat Chocolate Milk			

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*capistrano.healtheliving.net

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

