



	Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily GF Honey Nut Cheerios	Due to distribution and product shortages, this menu is subject to change without notice. This institution is an equal opportunity provider.		1 Wild Blueberry Waffle	2 Chicken Sausage Pancake Sandwich	3 Mini Cinnis
GF Cinnamon Rice Chex	6 Oatmeal Chocolate Chip Bar	7 Chicken Sausage Waffle Sandwich	Buttery Maple Waffle	Ginnamon Apple Spice Nada	Mini Cinnis
GF Honey Nut Cheerios	13 Oatmeal Chocolate Chip Bar	14 Sunrise Sandwich®	Mild Blueberry Waffle	Chicken Sausage Pancake Sandwich	17 No school
森 拳拳	20	22 Winter	23 Break	24	25

Fruits & Milk with Meal

- Fruits May Include: Apple, Pear, Orange, Raisins, Fruit Cup, Seasonal Fruit.
- 1% Milk & Nonfat Chocolate Milk
- Follow Us! @capofood
 ☆capistrano.healtheliving.net

- Vegetarian
 GF Gluten Free
- P Contains Pork
- Ontains Tree Nuts

