



JANUARY 2022

Journey Breakfast

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex	3 Oatmeal Chocolate Chip Bar	4 Chicken Sausage Waffle Sandwich	5 Buttery Maple Waffle	6 Cinnamon Apple Spice Nada	7 Mini Cinnis
GF Honey Nut Cheerios	10 Oatmeal Chocolate Chip Bar	11 Sunrise Sandwich	12 Wild Blueberry Waffle	13 Chicken Sausage Pancake Sandwich	14 Mini Cinnis
GF Cinnamon Rice Chex	17 <i>Dr. Martin Luther King Jr. Day</i>	18 Chicken Sausage Waffle Sandwich	19 Buttery Maple Waffle	20 Cinnamon Apple Spice Nada	21 Mini Cinnis
GF Honey Nut Cheerios	24 Oatmeal Chocolate Chip Bar	25 Sunrise Sandwich	26 Wild Blueberry Waffle	27 Chicken Sausage Pancake Sandwich	28 Mini Cinnis
GF Cinnamon Rice Chex	31 Oatmeal Chocolate Chip Bar	FREE for ALL Students Vegetarian GF Gluten Free Contains Pork Contains Tree Nuts			

Fruits & Milk with Meal

Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit

1% Milk & Nonfat Chocolate Milk

This institution is an equal opportunity provider.

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 capistrano.healtheliving.net

Due to distribution and product shortages, this menu is subject to change without notice.

