



JANUARY 2022 Journey Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

3 Bean & Cheese Burrito	4 GF Make Your Own Nachos	5 Cheeseburger Sliders	6 Chicken Double Dogs (Nitrate & Nitrite Free)	7 GF Teriyaki Chicken w/ Brown Rice
10 Cheese Croissant Sandwich	11 GF Beef Tacos	12 Crispy Chicken Drumstick w/ Waffles	13 Penne w/ Meatballs & Garlic Toast	14 Crispy Chicken Bites w/ Biscuit
17 Galaxy Cheese Pizza	18 GF Make Your Own Nachos	19 Mandarin Orange Chicken w/ Brown Rice	20 Fiesta Pocket	21 Crispy Chicken Tenders w/ Cornbread Poppers
24 Bean & Cheese Burrito	25 Chicken Tacos	26 Cheeseburger Sliders	27 Grilled Dilla	28 GF Teriyaki Chicken w/ Brown Rice
31 Cheese Croissant Sandwich	31 Macaroni & Cheese	 Vegetarian GF Gluten Free Contains Pork		

Dr. Martin Luther King Jr. Day

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*capistrano.healtheliving.net

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

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans Tater Tots, Broccoli, Celery.

1% Milk & Nonfat Chocolate Milk

This institution is an equal opportunity provider.

