

FREE
for ALL
Students

MARCH 2023 Journey Lunch

WHY DID THE
CUCUMBER
CROSS THE
STREET?



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
GF Yogurt* & Granola	*made from cows not treated with rBST	Vegetarian GF Gluten Free Vegan House Made Contains Pork **Locally Grown		1 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	2 Cheese Lasagna	3 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>
Galaxy Cheese Pizza		6 Kickin' Nuggets w/ Roll	7 Beef & Cheese Taco Stick	8 Crispy Chicken Tenders* w/ Cornbread Poppers <i>*no antibiotics ever</i>	9 GF Chicken Taquitos	10 Mandarin Orange Chicken w/ Chow Mein
Loco Burrito		13 Macaroni & Cheese	14 GF Make Your Own Nachos	15 Cheeseburger Sliders	16 Chicken & Cheese Flatbread Sandwich	17 Bolognese Pasta
Cheese Croissant Sandwich		20 All American Hamburger	21 Beef Chili Nachos NEW	22 Crispy Chicken Drumstick w/ Waffles	23 Chicken Double Dogs* <i>*no nitrites or nitrates</i>	24 Island Hoagie
GF Yogurt* & Granola	*made from cows not treated with rBST	27 Mozzarella Crunchers	28 GF Make Your Own Nachos	29 Crispy Chicken Filet* Sandwich <i>*no antibiotics ever</i>	30 GF Chicken Taquitos	31 Penne w/ Meatballs

Fruits, Veggies & Milk with Meal

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*capistrano.healtheliving.net

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Kiwi**, Tangerine, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans , Tater Tots, Broccoli, Garden Side Salad, Celery, Zucchini**, Cucumber.

1% Milk* & Nonfat Chocolate Milk* **made from cows not treated with rBST*

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

CAPO CUISINE

FREE
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Students

MARCH 2023 Journey Breakfast

...BECAUSE IT
WAS GREEN!



Offered Daily		Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal		Vegetarian Contains Pork <i>This institution is an equal opportunity provider. Menu is subject to change without notice.</i>	GF Gluten Free **Locally Grown	1 Sunrise Sandwich	2 Chicken Sausage Pancake Sandwich	3 Mini Cinnis
GF Blueberry Chex Cereal	NEW	6 Oatmeal w/ Brown Sugar & Cinnamon	7 Aloha Sandwich (Beef)	8 Cinnamon Glazed French Toast Sticks	9 Pancake & Turkey Sausage Stick	10 Cheesy Chorizo Bolillo (Chicken)
CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!						
GF Cinnamon Rice Chex Cereal		13 Oatmeal Chocolate Chip Bar	14 Mini Apple Breakfast Bites	15 Breakfast Pizza Bagel	16 Buttery Maple Waffle	17 Mini Cinnis
GF Honey Cheerios Cereal		20 Oatmeal Chocolate Chip Bar	21 Sunrise Sandwich	22 Apple Spice Frudel	23 Chicken Sausage Pancake Sandwich	24 Mini Cinnis
GF Cinnamon Rice Chex Cereal		27 Oatmeal Chocolate Chip Bar	28 Aloha Sandwich (Beef)	29 Strawberry Cream Cheese Bagel	30 Pancake & Turkey Sausage Stick	31 Mini Cinnis

Fruits & Milk with Meal

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

1% Milk* & Nonfat Chocolate Milk* *made from cows not treated with rBST

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