

**FREE**  
for ALL  
Students

**JUNE 2023**  
**Journey Lunch**

| Offered Daily   | Monday                          | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|---------------------------------|--|---|---|---|
| Galaxy Cheese Pizza 🌿   |                                 |  |   | 1<br>Turkey & Cheese Sub Sandwich                             | 2<br>Chicken Pretzel Dog<br><i>*no nitrites or nitrates</i> |
| Cheese Croissant Sandwich 🌿   | 5<br>Island Hoagie              | 6<br>Galaxy Pepperoni Pizza                                      | 7<br>Crispy Chicken Filet* Sandwich<br><i>*no antibiotics ever</i>        | 8<br>Cheeseburger Sliders                                     | 9<br>GF Teriyaki Chicken w/ Brown Rice                      |
| GF Yogurt* w/ Granola 🌿<br><i>*made from cows not treated with rBST</i> | 12<br>Kickin' Nuggets w/ Roll 🌿 | 13<br>GF Chicken* & Cheese Pupusa<br><i>*no antibiotics ever</i> | 14<br>Crispy Chicken Drumstick* w/ Waffles<br><i>*no antibiotics ever</i> | 15<br>Chicken Double Dogs*<br><i>*no nitrites or nitrates</i> | 16<br>Penne w/ Meatballs                                    |

**Meal Includes Entree, Fruits, Veggies & Milk!**

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

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

🌿 Vegetarian  
🌿 Vegan

GF Gluten Free  
Ⓟ Contains Pork

📷 Follow Us! @capofood  
✦ capistrano.healtheliving.net




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

**FREE**  
for ALL  
Students

**JUNE 2023**  
**Journey Breakfast**

| Offered Daily                  | Monday                             | Tuesday                            | Wednesday                            | Thursday                              | Friday              |
|--------------------------------|------------------------------------|------------------------------------|--------------------------------------|---------------------------------------|---------------------|
| GF Cinnamon Rice Chex Cereal 🌿 |                                    |                                    |                                      | 1<br>Chicken Sausage Pancake Sandwich | 2<br>Mini Cinnis 🌿  |
| GF Honey Cheerios Cereal 🌿     | 5<br>Oatmeal Chocolate Chip Bar 🌿  | 6<br>Aloha Sandwich                | 7<br>Apple Spice Frudel 🌿            | 8<br>Breakfast Pizza Bagel 🌿          | 9<br>Mini Cinnis 🌿  |
| GF Cinnamon Rice Chex Cereal 🌿 | 12<br>Oatmeal Chocolate Chip Bar 🌿 | 13<br>Mini Apple Breakfast Bites 🌿 | 14<br>Pancake & Turkey Sausage Stick | 15<br>Sunrise Sandwich (P)            | 16<br>Mini Cinnis 🌿 |

**Meal Includes Entree, Fruits & Milk!**

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

 **1% Milk\* & Nonfat Chocolate Milk\***

*\*made from cows not treated with rBST*

📷 Follow Us! @capofood  
\*capistrano.healtheliving.net

🌿 Vegetarian      GF Gluten Free  
(P) Contains Pork



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