



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


NOVEMBER 2021 Journey Lunch

 Vegetarian
 GF Gluten Free
 P Contains Pork

| Offered Daily | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-------------------------------|---|--|---|
| Bean & Cheese Burrito  | 1 <i>No school</i> | 2 GF Make Your Own Nachos | 3 Cheeseburger Sliders | 4 Chicken Double Dogs (Nitrate & Nitrite Free) | 5 GF Teriyaki Chicken w/ Brown Rice |
| Cheese Quesadilla  | 8 Crispy Chicken Filet Sandwich | 9 GF Make Your Own Nachos | 10 Crispy Chicken Drumstick w/ Waffles | 11 <i>Veterans Day</i> | 12 Crispy Chicken Bites w/ Biscuit |
| Galaxy Cheese Pizza  | 15 Mozzarella Crunchers  | 16 GF Make Your Own Nachos | 17 Mandarin Orange Chicken w/ Brown Rice | 18 Fiesta Pocket | 19 Crispy Chicken Tenders w/ Cornbread Poppers |
| | 22 | 23 | 24 | 25 | 26 |
| <i>Thanksgiving Break</i> | | | | | |
| Bean & Cheese Burrito  | 29 Macaroni & Cheese  | 30 GF Make Your Own Nachos |  Follow Us! @capofood for menu updates  capistrano.healtheliving.net | | |

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.

FREE
for ALL
Students

