

FREE
for ALL
Students

OCTOBER 2022
Elementary Breakfast

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex Cereal 🍃	3 Oatmeal Chocolate Chip Bar 🍃	4 Buttery Maple Waffle 🍃	5 Sunrise Sandwich (P)	6 Chicken Sausage Pancake Sandwich	7 Mini Cinnis 🍃
GF Honey Cheerios Cereal 🍃	10 Oatmeal Chocolate Chip Bar 🍃	11 Aloha Sandwich (Beef)	12 Cinnamon Glazed French Toast Sticks 🍃	13 Breakfast Pizza Bagel 🍃	14 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃	17 Blueberry Muffin 🍃	18 Mini Apple Breakfast Bites 🍃	19 Pancake & Turkey Sausage Stick	20 Turkey Sausage Biscuit	21 Mini Cinnis 🍃
GF Honey Cheerios Cereal 🍃	24 Oatmeal Chocolate Chip Bar 🍃	25 Sunrise Sandwich (P)	26 Buttery Maple Waffle 🍃	27 Chicken Sausage Pancake Sandwich	28 Mini Cinnis 🍃
GF Cinnamon Rice Chex Cereal 🍃	31 Oatmeal Chocolate Chip Bar 🍃	🍃 Vegetarian GF Gluten Free (P) Contains Pork Fruits & Milk with Meal 🍏 Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit 🥛 1% Milk & Nonfat Chocolate Milk			

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*capistrano.healtheliving.net

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

