

**FREE**  
for ALL  
Students

 **OCTOBER 2022**  
 **Carl Hankey Breakfast**

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

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\*capistrano.healtheliving.net

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

