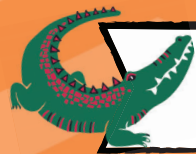


FREE
for ALL
Students



OCTOBER 2021
Journey Breakfast



FRUIT OF
THE MONTH:
GRAPES

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

GF Honey Nut
Cheerios
Cereal

Vegetarian
GF Gluten Free
 Contains Tree Nuts
 Contains Pork



**NATIONAL
SCHOOL
LUNCH WEEK**
October 11-15

1
Mini
Cinnis

GF Cinnamon
Rice Chex

4
Oatmeal
Chocolate Chip
Bar

5
Chicken
Sausage
Waffle
Sandwich

6
Buttery
Maple
Waffle

7
Chicken
Biscuit
Sandwich

8
Mini
Cinnis

GF Honey Nut
Cheerios
Cereal

11
Oatmeal
Chocolate Chip
Bar

12
Aloha
Sandwich

13
Wild
Blueberry
Waffle

14
Chicken
Sausage
Pancake
Sandwich

15
Mini
Cinnis

GF Cinnamon
Rice Chex

18
Oatmeal
Chocolate Chip
Bar

19
Chicken
Sausage
Waffle
Sandwich

20
Buttery
Maple
Waffle

21
Chicken
Biscuit
Sandwich

24
Mini
Cinnis

GF Honey Nut
Cheerios
Cereal

25
Oatmeal
Chocolate Chip
Bar

26
Aloha
Sandwich

27
Wild
Blueberry
Waffle

28
Chicken
Sausage
Pancake
Sandwich

29
Mini
Cinnis

Fruits & Milk with Meal

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

1% Milk & Nonfat Chocolate Milk

Follow Us! @capofood
capistrano.healtheliving.net

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

