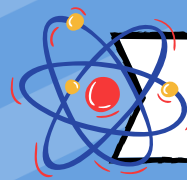



**FREE**  
for ALL  
Students



# SEPTEMBER 2021 Elementary Breakfast

FRUIT OF  
THE MONTH:  
PLUMS



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Offered Daily

GF Honey Nut Cheerios Cereal 	<p>Vegetarian</p> <p>GF Gluten Free</p> <p> Contains Tree Nuts</p> <p> Contains Pork</p>	1	Wild Blueberry Waffle 	2	Chicken Sausage Pancake Sandwich	3	Mini Cinnis 
GF Cinnamon Rice Chex 	6	7	Buttery Maple Waffle 	9	Chicken Biscuit Sandwich	10	Mini Cinnis 
GF Honey Nut Cheerios Cereal 	13	14	15	16	Chicken Sausage Pancake Sandwich	17	Mini Cinnis 
GF Cinnamon Rice Chex 	20	21	22	23	Chicken Biscuit Sandwich	24	Mini Cinnis 
GF Honey Nut Cheerios Cereal 	27	28	29	30	Chicken Sausage Pancake Sandwich		

*Labor Day*

Chicken Sausage Waffle Sandwich

Buttery Maple Waffle 

Chicken Biscuit Sandwich

Mini Cinnis 

Oatmeal Chocolate Chip Bar 

Sunrise Sandwich 

Wild Blueberry Waffle 

Chicken Sausage Pancake Sandwich

Mini Cinnis 

Oatmeal Chocolate Chip Bar 

Chicken Sausage Waffle Sandwich

Buttery Maple Waffle 

Chicken Biscuit Sandwich

Mini Cinnis 

Oatmeal Chocolate Chip Bar 

Aloha Sandwich

Wild Blueberry Waffle 

Chicken Sausage Pancake Sandwich

**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.*

