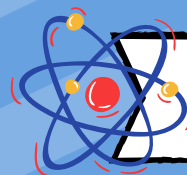


**FREE**  
for ALL  
Students



# SEPTEMBER 2022 Elementary Breakfast

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Offered Daily**

GF Honey Nut  
Cheerios  
Cereal  

 Vegetarian  
GF Gluten Free  
 Contains Tree Nuts  
 Contains Pork


1  
Pancake &  
Turkey  
Sausage Stick

2  
Mini  
Cinnis 

GF Cinnamon  
Rice Chex 

5  
*Labor  
Day*


6  
Mini Apple  
Breakfast  
Bites 

7  
Breakfast  
Pizza  
Bagel 

8  
Turkey  
Sausage  
Biscuit

9  
Mini  
Cinnis 

GF Honey Nut  
Cheerios  
Cereal  

12  
Oatmeal  
Chocolate Chip  
Bar 


13  
Sunrise  
Sandwich 

15  
Buttery  
Maple  
Waffle 

16  
Chicken  
Sausage  
Pancake  
Sandwich

17  
Mini  
Cinnis 

GF Cinnamon  
Rice Chex 

19  
Oatmeal  
Chocolate Chip  
Bar 


20  
Aloha  
Sandwich  
(beef)

21  
Cinnamon  
Glazed French  
Toast Sticks 


22  
Pancake &  
Turkey  
Sausage Stick

24  
Mini  
Cinnis 

GF Honey Nut  
Cheerios  
Cereal  

26  
Oatmeal  
Chocolate Chip  
Bar 

27  
Mini Apple  
Breakfast  
Bites 

28  
Breakfast  
Pizza  
Bagel 

29  
Turkey  
Sausage  
Biscuit

30  
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.*

*Menus are subject to  
change without notice.*

