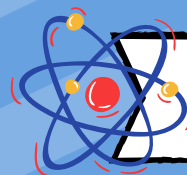


FREE
for ALL
Students



SEPTEMBER 2022

Hankey K-8 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.*

