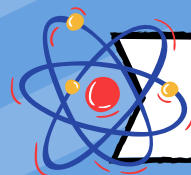


**FREE**  
for ALL  
Students



# SEPTEMBER 2022

## Journey Breakfast

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Offered Daily

- Vegetarian
- GF Gluten Free
- Contains Tree Nuts
- Contains Pork

GF Cinnamon  
Rice Chex

WELCOME BACK  
JOURNEY!



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.*

