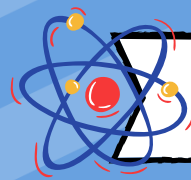



**FREE**  
for ALL  
Students



# SEPTEMBER 2021 Journey 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	<i>Labor Day</i>	7	Chicken Sausage Waffle Sandwich	8	Buttery Maple Waffle 	9	Chicken Biscuit Sandwich	10	Mini Cinnis 
GF Honey Nut Cheerios Cereal 	13	Oatmeal Chocolate Chip Bar 	14	Sunrise Sandwich 	15	Wild Blueberry Waffle 	16	Chicken Sausage Pancake Sandwich	17	Mini Cinnis 
GF Cinnamon Rice Chex 	20	Oatmeal Chocolate Chip Bar 	21	Chicken Sausage Waffle Sandwich	22	Buttery Maple Waffle 	23	Chicken Biscuit Sandwich	24	Mini Cinnis 
GF Honey Nut Cheerios Cereal 	27	Oatmeal Chocolate Chip Bar 	28	Aloha Sandwich	29	Wild Blueberry Waffle 	30	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.*

