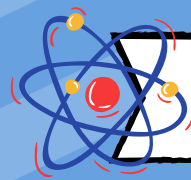



FREE
for ALL
Students

REVISED 9/2/21



SEPTEMBER 2021 Journey Lunch

FRUIT OF
THE MONTH:
PLUMS



Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

<p>Bean & Cheese Burrito</p>	<p>Vegetarian GF Gluten Free</p> <p>Ⓟ Contains Pork</p> <p>Follow Us! @capofood *capistrano.healtheliving.net</p>	<p>1 Cheeseburger Sliders</p>	<p>2 Grilled Chicken Salad w/ Ranch & Cheez-Its</p>	<p>3 GF Teriyaki Chicken w/ Brown Rice</p>
<p>GF Vanilla Yogurt w/ GF Granola</p>	<p>6 <i>Labor Day</i></p>	<p>7 GF Make Your Own Nachos</p>	<p>8 Crispy Chicken Drumstick w/ Waffles</p>	<p>9 Bolognese Pasta w/ Garlic Toast</p> <p>100% Juice Strawberry Mango Sidekick</p>
<p>Cheese Pizza</p>	<p>13 Cheesy Breadstick Bites</p>	<p>14 Make Your Own Nachos with Doritos</p>	<p>15 All American Cheeseburger</p>	<p>16 Pepperoni Pizza Pocket (Beef/Turkey)</p> <p>17 Crispy Chicken Tenders w/ Cornbread Poppers</p> <p>100% Juice Sour Cherry Lemon Sidekick</p>
<p>Bean & Cheese Burrito</p>	<p>20 Macaroni & Cheese</p>	<p>21 GF Make Your Own Nachos</p>	<p>22 Cheeseburger Sliders</p>	<p>23 Grilled Chicken Salad w/ Asian Dressing & Cheez-Its</p> <p>24 GF Teriyaki Chicken w/ Brown Rice</p> <p>100% Juice Blue Raspberry Lemon Sidekick</p>
<p>GF Vanilla Yogurt w/ GF Granola</p>	<p>27 Crispy Chicken Filet Sandwich</p>	<p>28 GF Make Your Own Nachos</p>	<p>29 Crispy Chicken Drumstick w/ Waffles</p>	<p>30 Pasta w/ Meatballs & Garlic Toast</p> <p>This institution is an equal opportunity provider.</p>

Fruits, Veggies & Milk with Meal

Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans Ⓟ, Tater Tots, Broccoli, Celery.

1% Milk & Nonfat Chocolate Milk

Due to distribution and product shortages, this menu is subject to change without notice.

