

FREE
for ALL
Students

**AUGUST 2024
CRA Lunch**

Monday

Tuesday

Wednesday



Thursday

Friday

Offered Daily

Galaxy Cheese Pizza 	19 Kickin' Nuggets w/ Roll 	20 GF Chicken Taquitos	21 Crispy Chicken Drumstick w/ Waffles	22 Loaded Cheeseburger Sliders	23 GF Teriyaki Chicken w/ Brown Rice
Bean & Cheese Burrito 	26 Macaroni & Cheese 	27 GF Make Your Own Nachos	28 Crispy Chicken Filet Sandwich	29 Chicken Pretzel Dog* <i>*no nitrites or nitrates</i>	30 Mandarin Orange Chicken w/ Chow Mein

Fruits, Veggies & Milk with Meal

  **Fruits & Veggies May Include:** Apple, Orange, Tangerine, Nectarine, Organic Plum, Kiwi, Baby Carrots, Side Salad, Celery, Broccoli, Edamame, Corn, Tater Tots, Jicama.

 **1% Milk* & Nonfat Chocolate Milk***
**made from cows not treated with rBST*

*This institution is an equal opportunity provider.
Menu is subject to change without notice.*

 Vegetarian
 Vegan

GF Gluten Free
 Contains Pork

 Follow Us! @capofood



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**AUGUST 2024
CRA Breakfast**

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<p>GF Honey Cheerios Cereal 🌿</p>	<p>19 Blueberry Muffin 🌿</p>	<p>20 Maple Waffle 🌿</p>	<p>21 GF Honey Cheerios Cereal 🌿</p>	<p>22 Mini Apple Breakfast Bites 🌿</p>	<p>23 Mini Cinnis 🌿</p>
<p>GF Cinnamon Rice Chex Cereal 🌿</p>	<p>26 Blueberry Muffin 🌿</p>	<p>27 Aloha Sandwich (Beef)</p>	<p>28 GF Cinnamon Rice Chex Cereal 🌿</p>	<p>29 Breakfast Pizza Bagel 🌿</p>	<p>30 Mini Cinnis 🌿</p>

Fruits & Milk with Meal

 **Fruits May Include:** Apple, Orange, Tangerine, Nectarine, Organic Plum, Kiwi, Apple Crisps, Applesauce.

 **1% Milk* & Nonfat Chocolate Milk***
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