

SEPTEMBER 2024
GRA Breakfast

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Honey Cheerios Cereal 🌿	2 Labor Day	3 Sunrise Sandwich (P)	4 GF Honey Cheerios Cereal 🌿	5 Aloha Sandwich (beef)	6 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	9 GF Strawberry Greek Yogurt* w/ GF Granola 🌿	10 Breakfast Pizza Bagel 🌿	11 GF Cinnamon Chex Cereal 🌿	12 Plain Bagel w/ Cream Cheese 🌿	13 Mini Apple Breakfast Bites 🌿
GF Honey Cheerios Cereal 🌿	16 Blueberry Muffin 🌿	17 Sunrise Sandwich (P)	18 GF Honey Cheerios Cereal 🌿	19 Chicken Slider on Hawaiian Roll 🌿	20 Mini Cinnis 🌿
GF Cinnamon Rice Chex Cereal 🌿	23 GF Strawberry Greek Yogurt* w/ GF Granola 🌿	24 Chicken Sausage Pancake Sandwich	25 GF Cinnamon Rice Chex Cereal 🌿	26 Plain Bagel w/ Cream Cheese 🌿	27 Mini Apple Breakfast Bites 🌿
GF Honey Cheerios Cereal 🌿	30 Blueberry Muffin 🌿	🌿 Vegetarian 🌊 Freshly Baked 📷 Follow Us! @capofood 🌿 GF Gluten Free (P) Contains Pork 🌊 One Health Certified			

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

Fruits & Milk with Meal

🌿 Fruits May Include: Apple, Orange, Tangerine, Nectarine, Donut Peach, Apple Crisps, Applesauce

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