

BREAKFAST



Reduced & Free - No charge
Paid 2.00 Adult 2.50

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast choices local and organic (when possible) fresh fruit or vegetable, and 1 percent or fat free milk		August 22 Chef's Special	23 Chef's Special	24 Plain Bagel with Cream Cheese
27 Peachy Pear Smoothie Assorted Cereal	28 Healthy Chocolate Zucchini Muffin	29 Pancakes with homemade pear butter	30 Healthy Oatmeal Sundae (aka overnight oats & yogurt)	31 Plain Bagel with Cream Cheese
Sept 3 HOLIDAY! no school	4 Homemade Carrot Pineapple Muffin	5 Breakfast Sandwich (turkey ham, cheese, biscuit)	6 build your own yogurt parfait	7 Mini Frittata Bite! Assorted Cereal
10 Mixed Berry Smoothie Assorted Cereal	11 Healthy Whole Grain Snickerdoodle Muffin	12 Pancakes with homemade pear butter	13 Healthy Oatmeal Sundae (aka overnight oats & yogurt)	14 Plain Bagel with Cream Cheese
17 Simply Peach Smoothie Assorted Cereal	18 Yummy Applesauce Muffin	19 Breakfast Sandwich (turkey ham, cheese, biscuit)	20 build your own yogurt parfait	21 Mini Frittata Bite! Assorted Cereal
24 Strawberry Banana Smoothie Assorted Cereal	25 Healthy Chocolate Zucchini Muffin	26 Pancakes with homemade pear butter	27 Healthy Oatmeal Sundae (aka overnight oats & yogurt)	28 Plain Bagel with Cream Cheese

Reach for the stars!

-  Fruit/Vegetable
-  Protein
-  Grain
-  Milk



Take 3 or more 's
1  must be a fruit or vegetable

Kitchen Corner

Meal applications @ gusd.schoollunchapp.com
Pay for school meals @ myschoolbucks.com

MAKE A DIFFERENCE IN THE KITCHEN
We need help! We are hiring food substitutes!
Donate to another student's meal account!
Contact kdehoog@goleta.k12.ca.us for more info!