

# 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				We are hiring food service substitutes! Contact Kristi at <a href="mailto:kdehoog@goleta.k12.ca.us">kdehoog@goleta.k12.ca.us</a> for more info!					
Oct 1	2	3	4	5	8	9	10	11	12
Plain Bagel with Cream Cheese	Healthy Chocolate Zucchini Muffin	Pancakes with homemade apple butter	Healthy Oatmeal Sundae (aka overnight oats & yogurt)	Peachy Pear Smoothie Assorted Cereal	build your own yogurt parfait	Homemade Carrot Pineapple Muffin	Breakfast Sandwich (turkey ham, cheese, biscuit)	Mini Frittata Bite! Assorted Cereal	Mixed Berry Smoothie Assorted Cereal
15	16	17	18	19	22	23	24	25	26
Plain Bagel with Cream Cheese	Healthy Whole Grain Snickerdoodle Muffin	Pancakes with homemade apple butter	Healthy Oatmeal Sundae (aka overnight oats & yogurt)	Simply Peach Smoothie Assorted Cereal	build your own yogurt parfait	Yummy Applesauce Muffin	Breakfast Sandwich (turkey ham, cheese, biscuit)	Mini Frittata Bite! Assorted Cereal	Strawberry Banana Smoothie Assorted Cereal
29	30	31	Nov 1	2					
Plain Bagel with Cream Cheese	Healthy Chocolate Zucchini Muffin	Pancakes with homemade apple butter	Healthy Oatmeal Sundae (aka overnight oats & yogurt)	Mixed Berry Smoothie Assorted Cereal					

## 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.school lunchapp.com](http://gusd.school lunchapp.com)

Pay for school meals @  
[myschoolbucks.com](http://myschoolbucks.com)