





BREAKFAST



Reduced & Free - No charge
Paid 2.00 Adult 2.50

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 5 Plain Bagel with Cream Cheese	6 Homemade Pumpkin Muffin	7 Pancakes with homemade apple butter	8 Mini Frittata Bite! Assorted Cereal	9 Mixed Berry Smoothie Assorted Cereal
12 No School!	13 Healthy Chocolate Zucchini Muffin	14 Hot Oatmeal (w/toppings) & hard boiled egg	15 Homemade Breakfast Burrito (egg & cheese)	16 Peachy Pear Smoothie Assorted Cereal
Nov 19-23 Thanksgiving Break (We are thankful for you! Have a good break with good food!)				
26 Sunshine Corndog	27 Yummy Applesauce Muffin	28 Pancakes with homemade pear butter	29 Mini Frittata Bite! Assorted Cereal	30 Mixed Berry Smoothie Assorted Cereal
DEC 3 Plain Bagel with Cream Cheese	4 Healthy Blueberry Muffin	5 Ham* & Cheese Breakfast Sandwich	6 Hot Oatmeal (w/toppings) & hard boiled egg	7 Simply Peach Smoothie Assorted Cereal
10 Sunshine Corndog	11 Homemade Pumpkin Muffin	12 Pancakes with homemade apple butter	13 Mini Frittata Bite! Assorted Cereal	14 Strawberry Banana Smoothie Assorted Cereal
17 Plain Bagel with Cream Cheese	18 Assorted Yummy Muffin Choices	19 Chicken Sausage Breakfast Sandwich	20 Hot Oatmeal (w/toppings) & hard boiled egg	21 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

Breakfast choices include assorted cereal, fresh fruit, and 1 percent or fat free milk.

Pay for school meals @ myschoolbucks.com