

BREAKFAST

Reduced & Free - No charge

Paid 2.00 Adult 2.50

Monday	Tuesday	Wednesday	Thursday	Friday
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Have an opinion on school food? Experience first hand what goes on in the food services department. Come work for us! We are hiring food service substitutes. Contact Kim at kleung@goleta.k12.ca.us for more info!

Welcome Back & Happy New Year!

Hot Oatmeal & Toppings w/ String Cheese	Homemade Pumpkin Muffins	Pancakes & Maple Syrup (no HFCS)	Homemade Breakfast Burrito (egg & cheese)	Fruit Smoothie Assorted Cereal
Plain Bagel with Cream Cheese	Healthy Chocolate Zucchini Muffin	Chicken Sausage Breakfast Sandwich	Hot Oatmeal & Toppings with Egg	Cozy Pig in a Blanket* (nice and toasty)
No School!	Homemade Blueberry Muffin	Pancakes & Maple Syrup (no HFCS)	Mini Frittata Bite Assorted Cereal	Fruit Smoothie Assorted Cereal
Plain Bagel with Cream Cheese	Healthy Chocolate Zucchini Muffin	Breakfast Sandwich* (ham & cheese on biscuit)	Hot Oatmeal & Toppings with Egg	Cozy Pig in a Blanket* (nice and toasty)

Breakfast choices include assorted cereals, local and organic (when possible) fresh fruit or vegetable, and 1 percent or fat free milk.

Reach for the stars!

 Fruit/Vegetable

 Grain

 Milk



Take 3 ★'s please!
1 ★ must be a fruit or vegetable

Kitchen Corner

Free/Reduced Meal applications at
gusd.schoollunchapp.com

Pay for school meals at
myschoolbucks.com

*contains pork