

LUNCH

Reduced 0.40 Paid 3.50
 A la carte Milk 0.50 Adult 4.00

Monday Tuesday Wednesday Thursday Friday

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!

7 Popcorn Chicken & French Toast Sticks	8 Grilled Cheese & Tomato Dipping Sauce	9 Teriyaki Chicken Bowl & Honey Sesame Kale	10 Nacho Supreme with homemade cheese sauce	11 Pepperoni* or Cheese Pizza
14 Chicken Parmesan Pasta	15 Taco Tuesday! Crunchy Turkey T-A-C-O!	16 Turkey or Ham* Deli Sandwich on FRESH bread w/cheez-its	17 Smoothie Day!! Kids Mac & Cheese (homemade with love)	18 Pepperoni* or Cheese Pizza
21 No School!	22 Classic Chicken Corn Dog	23 Baked Chicken & Warm Biscuit	24 BYOB (build-your-own-burger) & Oven Baked Potato	25 12:00 Dismissal! Cheese Pizza
28 Pasta with homemade meat sauce (beef)	29 Taco Tuesday! Fresh Carnitas Street Tacos!	30 Healthy Whole Grain Lasagna (beef)	31 Turkey, Gravy & Mashed Potatoes	Feb 1 Pepperoni* or Cheese Pizza

Lunch choices include fresh fruit and vegetables on a seasonal salad bar, and 1 percent or fat free milk. NONFAT CHOCOLATE MILK ON WEDNESDAYS! We have Kiwis on the salad bars this month!

Reach for the stars!

- ★ Fruit/Vegetable
- ★ Protein
- ★ Grain
- ★ Milk



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

Kitchen Corner

Free/Reduced Meal applications at gusd.schoollunchapp.com
 Pay for school meals at myschoolbucks.com
 Email kdehoog@goleta.k12.ca.us for more info!