

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@goletak12.ca.us for more info!

Hot Oatmeal & Toppings w/ String Cheese 4	Homemade Pumpkin Muffins 5	Pancakes & Maple Syrup (no HFCS) 6	Homemade Breakfast Burrito (egg & cheese) 7	Fruit Smoothie Assorted Cereal 8
Plain Bagel with Cream Cheese 11	Healthy Snickerdoodle Muffin 12	Hot Oatmeal & Toppings with Egg 13	Mini Frittata Bite Assorted Cereal 14	No School! 15
No School! 18	Homemade Blueberry Muffin 19	Pancakes & Maple Syrup (no HFCS) 20	Chicken Sausage on english muffin 21	Fruit Smoothie Assorted Cereal 22
Plain Bagel with Cream Cheese 25	Healthy Chocolate Zucchini Muffin 26	Hot Oatmeal & Toppings with Egg 27	Breakfast Sandwich (ham & cheese on biscuit) 28	Sunshine Corndog (pancake & turkey sausage) Mar 1

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