

BREAKFAST

Reduced & Free - No charge
Paid 2.00 Adult 2.50

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

Free/Reduced Meal applications at gusd.school lunchapp.com Pay for school meals at myschoolbucks.com	2 Yogurt & Granola	3 Homemade Snickerdoodle Muffins	4 Chicken Sausage Patty on English Muffin	5 Fruit Smoothie Assorted Cereal
8 Plain Bagel with Cream Cheese	9 Healthy Chocolate Zucchini Muffin	10 Fun Oatmeal Sundae! (overnight oats & yogurt)	11 Homemade Breakfast Burrito (egg & cheese)	12 Fruit Smoothie Assorted Cereal
15 Pancakes & Maple Syrup (no HFCS)	16 Homemade Applesauce Muffin	17 Yogurt & Granola	18 Mini Frittata Bite Assorted Cereal	19 Fruit Smoothie Assorted Cereal
22 Plain Bagel with Cream Cheese	23 Healthy Pineapple Carrot Muffin	24 Fun Oatmeal Sundae! (overnight oats & yogurt)	25 Breakfast Sandwich (ham & cheese on mini biscuit)	26 Fruit Smoothie Assorted Cereal
29 Pancakes & Maple Syrup (no HFCS)	30 Homemade Blueberry Muffin	1 Yogurt & Granola	2 Homemade Breakfast Burrito (egg & cheese)	3 Fruit Smoothie Assorted Cereal

Reach for the stars!

 Fruit/Vegetable

 Grain

 Milk



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

We are **HIRING!**

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!

*contains pork