

BREAKFAST

Reduced & Free - No charge
Paid 2.00 Adult 2.50

Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast choices local and organic (when possible) fresh fruit or vegetable, and 1 percent or fat free milk				August 21		22		23	
				Hot Oatmeal with toppings		Homemade Breakfast Burrito (egg & cheese)		Fresh Fruit Smoothie & Assorted Cereal	
26		27		28		29		30	
Plain Bagel with Cream Cheese		Healthy Chocolate Zucchini Muffin		Sunshine Corndog (pancake & turkey sausage)		Sausage & Cheese on Biscuit		Fresh Fruit Smoothie & Assorted Cereal	
Sept 2		3		4		5		6	
HOLIDAY! no school		Homemade Carrot Pineapple Muffin		Pancakes with homemade apple butter		Mini Kid's Frittata Bite & Assorted Cereal		Fresh Fruit Smoothie & Assorted Cereal	
9		10		11		12		13	
Whole Grain Concha		Healthy Whole Grain Snickerdoodle Muffin		Oatmeal Sundae (aka overnight oats & yogurt)		Breakfast Sandwich (egg & cheese)		Fresh Fruit Smoothie & Assorted Cereal	
16		17		18		19		20	
Plain Bagel with Cream Cheese		Yummy Applesauce Muffin		Make your own BISCUIT choice of ham, jam, cream cheese		Homemade Breakfast Burrito (egg & cheese)		Fresh Fruit Smoothie & Assorted Cereal	
23		24		25		26		27	
Whole Grain Concha		Lemon Blueberry Muffin		Pancakes with homemade apple butter		Scrambled Eggs & Tater Tots!		Fresh Fruit Smoothie & Assorted Cereal	

Reach for the stars!



 Fruit/Vegetable

 Protein

 Grain

 Milk



Take 3 or more 
1  must be a fruit or vegetable

Kitchen Corner

Meal applications @ gusd.schoollunchapp.com
Pay for school meals @ myschoolbucks.com

MAKE A DIFFERENCE IN THE KITCHEN
We need help! We are hiring food substitutes!
Donate to another student's meal account!
Contact kleung@goleta.k12.ca.us for more info!