

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!

Pancakes & Maple Syrup (no HFCS) 3	Homemade Pumpkin Muffins 4	Build your own Yogurt Parfait 5	Breakfast Sandwich (ham & cheese on biscuit) 6	Fruit Smoothie Assorted Cereal 7
Plain Bagel with Cream Cheese 10	Healthy Snickerdoodle Muffin 11	Hot Oatmeal & Toppings with Egg 12	Mini Frittata Bite Assorted Cereal 13	No School! 14
No School! 17	Hot Oatmeal & Assorted Toppings 18	Make your own Biscuit (jam, ham, or cream cheese) 19	Breakfast Burrito (egg & cheese) 20	Fruit Smoothie Assorted Cereal 21
Hot Oatmeal & Toppings with Egg 24	Healthy Chocolate Zucchini Muffin 25	Sunshine Corndog (pancake & turkey sausage) 26	Breakfast Taco with fresh salsa 27	Fruit Smoothie Assorted Cereal 28

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