




***Breakfast & Lunch is now served COMPLIMENTARY to ALL students**

Distance Learners - Meal Pick up Tuesdays & Thursdays from GHS from 9:30 AM to 11:30 AM - Parking Lot
(Meals are for Monday through Friday - weekend meals are not included)

Monday	Tuesday	Wednesday	Thursday	Friday
GRAB & GO DAILY BREAKFAST Breakfast will continue to be "grab & go" style, handed out at the end of day in class - (frozen/chilled), to be cooked/consumed at home).		 HAPPY HALLOWEEN!		10/1 <u>WW White Bagel/Cream Chs.</u> Pizza Wedge Assorted Fruits & Vegetables
10/4 <u>Pillsbury Mini Cinnis</u> WG Grilled Cheese Sandwich Assorted Fruits & Vegetables	10/5 <u>Pancake/Sausage on a Stick*</u> WG Cheese Max Stix/Marinara Cup Assorted Fruits & Vegetables	10/6 <u>Beef Sausage Sandwich</u> Cheeseburger Sliders Assorted Fruits & Vegetables	10/7 <u>Cocoa Puffs Cereal Bar</u> Chicken Sandwich Assorted Fruits & Vegetables MINIMUM DAY	10/8 <u>WG Honey Bun</u> Pizza Wedge Assorted Fruits & Vegetables
10/11 <u>WG French Toast</u> Mini Twin Hot Dogs Assorted Fruits & Vegetables	10/12 <u>Pillsbury Mini Pancakes</u> Cheeseburger on a Bun Assorted Fruits & Vegetables	10/13 <u>Cinnamon Toast Cereal Bar</u> WG Bean & Cheese Burrito Assorted Fruits & Vegetables	10/14 <u>Beef Sausage Sandwich</u> Jumbo Corn Dog Assorted Fruits & Vegetables MINIMUM DAY	10/15 <u>Pancake/Sausage on a Stick*</u> Pizza Wedge Assorted Fruits & Vegetables
10/18 <u>Pillsbury Mini Cinnis</u> Cheese Quesadilla Assorted Fruits & Vegetables	10/19 <u>WG Honey Bun</u> Rib-B-Que* Sandwich Assorted Fruits & Vegetables	10/20 <u>Zucchini Bread</u> Chicken Sandwich Assorted Fruits & Vegetables	10/21 <u>Breakfast Burrito*</u> Beef & Cheese Taco Stix Assorted Fruits & Vegetables MINIMUM DAY	10/22 <u>WG Crumb Cake</u> Pizza Wedge Assorted Fruits & Vegetables
10/25 <u>Cocoa Puffs Cereal Bar</u> Jumbo Corn Dog Assorted Fruits & Vegetables	10/26 <u>Pillsbury Mini Cinnis</u> WG Grilled Cheese Sandwich Assorted Fruits & Vegetables	10/27 <u>WG Honey Bun</u> Chicken Sandwich Assorted Fruits & Vegetables	10/28 <u>Pillsbury Mini Pancakes</u> Mini Twin Hot Dogs Assorted Fruits & Vegetables MINIMUM DAY	10/29 <u>WW White Bagel/Cream Chs.</u> Chicken Bat Nuggets! Assorted Fruits & Vegetables Pumpkin Cookie!
<u>HARVEST OF THE MONTH: BROCCOLI!</u> 	<u>PARENTS - NUTRITION SERVICES SUBSTITUTE EMPLOYMENT OPPORTUNITIES AVAILABLE:</u> Please go to www.glendora.k12.ca.us , select Human Resources (under District heading), Employment Opportunities - www.edjoin.org .		<u>DAILY LUNCH:</u> Rotating Sandwiches Offered: Turkey Ham/Cheese Croissant, Turkey Breast Sandwich, Italian Combo Sub, Turkey Ham/Cheese Hoagie	<u>Daily Vegetarian Lunch Option:</u> Yogurt, Muffin & String Cheese offered daily for lunch, includes fruit/vegetables & milk.
ALL STUDENTS ARE NOW ELIGIBLE TO RECEIVE COMPLIMENTARY BREAKFAST AND LUNCH DAILY - NO MEAL APPLICATION NEEDED	<i>All meals include milk; (1% white or nonfat chocolate)</i> 	GUSD Food Service Office 500 N. Loraine Avenue Glendora, CA 91741 (626) 963-1611, Ext. 1404	MINIMUM DAYS: Grab & Go Meals Available After Dismissal (frozen/chilled to be consumed at home, includes breakfast for next day)	ALA CARTE PRICING: Student Milk, 8 oz. \$0.50 Student Juice, 4 oz. \$0.40 Student Bottled Water \$1.25 Adult Milk, 8 oz. \$0.75 Adult Juice, 4 oz. \$0.50 Adult Bottled Water \$1.50
<u>Nutritional information is available for all schools' breakfast and lunch menus on the main page of the District's website:</u> 1) Click the school meal program tab & the Nutrition Services page will pop up 2) Select menus 3) To the right of the menus, select your school/nutrition info *All calories, carbs and sugars will be listed for each individual entrée, side dishes and milk.		THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER MENU SUBJECT TO CHANGE	<i>All bread items are whole grain; Whole Grain (WG), Whole Wheat (WW), Reduced Fat (RF).</i> (* May Contain Pork)	BREAKFAST: Includes assorted fruit, juice & milk. LUNCH: Includes fruits, vegetables & milk.