

# January 2026

## GOLD OAK UNION SCHOOL DISTRICT

LUNCH INCLUDES MAIN ENTRÉE, MILK AND SALAD BAR EVERYDAY

BREAKFAST ALSO INCLUDES FRUIT AND MILK EVERYDAY

MENU SUBJECT TO CHANGE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH INCLUDES MAIN ENTRÉE, FRESH FRUIT & VEGGIES

Fresh Vegetables

Tomatoes, Carrot Sticks, Broccoli, Spinach, Bell Pepper

Cucumber, Celery, Jicama & Sweet Corn

Variety of fruits

Apple Slices, Bananas, Grapes, Oranges, Fruit Mix, Slice Peaches, Diced

# HAPPY NEW YEAR

5

### LUNCH

Corn Dog  
Crinkle Cut Fries  
House Salad  
Salad Bar

### BREAKFAST

Twin Bar  
Cereal & Cracker

6

### LUNCH

Bean & Cheese Burrito  
Sun Chips  
House Salad  
Salad Bar

### BREAKFAST

Blueberry Muffin  
Cereal & Cracker

7

### LUNCH

Chicken Tostada  
Sweet Corn  
New "Grizzly Paw Pak"  
Salad Bar

### BREAKFAST

Mini Waffle  
Cereal & Cracker

8

### LUNCH

Cheese Burger  
Potato Wedges  
Chef Salad  
Salad Bar

### BREAKFAST

Glazed Donut  
Cereal & Cracker

9

### LUNCH

Cheese Pizza  
Pepperoni Pizza  
Frozen Fruit Cup  
Salad Bar

### BREAKFAST

French Toast  
Cereal & Cracker

12

### LUNCH

Taco Nada  
Sun Chips  
Chef Salad  
Salad Bar

### BREAKFAST

Twin Bar  
Cereal & Cracker

13

### LUNCH

Grilled Cheese  
Potato Wedge  
House Salad  
Salad Bar

### BREAKFAST

Mini Pancakes  
Cereal & Cracker

14

### LUNCH

Bean & Cheese Burritos  
Sweet Corn  
New "Grizzly Paw Pak"  
Salad Bar

### BREAKFAST

Twin Bar (WG)  
Cereal & Cracker

15

### LUNCH

Pork Ribs  
Mashed Potato  
Julian Carrots  
Salad Bar

### BREAKFAST

Chocolate Donut  
Cereal & Cracker

16

### LUNCH

Cheese Pizza  
Pepperoni Pizza  
Frozen Fruit Cup  
Salad Bar

### BREAKFAST

French Toast  
Cereal & Cracker

19



Martin Luther King Jr  
Day

20

### LUNCH

Chicken Nuggets  
Tator Tots  
Chef Salad  
Salad Bar

### BREAKFAST

Frudel Strudels  
Cereal & Cracker

21

### LUNCH

Baked Pasta  
Dinner Roll  
New "Grizzly Paw Pak"  
Salad Bar

### BREAKFAST

Mini Waffles  
Cereal & Cracker

22

### LUNCH

Cheese Burger  
Crinkle Cut Fries  
Green Beans  
Salad Bar

### BREAKFAST

Mini Pancakes  
Cereal & Cracker

23

### LUNCH

Cheese Pizza  
Pepperoni Pizza  
Frozen Fruit Cup  
Salad Bar

### BREAKFAST

French Toast  
Cereal & Cracker

26

### LUNCH

Mini Corn Dog  
Krinkle Fries  
Chef Salad  
Salad Bar

### BREAKFAST

Frudel Strudels  
Cereal & Cracker



27

### LUNCH

Teriyaki Chicken  
Brown Rice  
Sweet Corn  
Salad Bar

### BREAKFAST

Banana Muffin  
Cereal & Cracker

28

### LUNCH

Marinara Dippers  
w/Sauce  
New "Grizzly Paw Pak"  
Salad Bar

### BREAKFAST

Twin Bar  
Cereal & Cracker

29

### LUNCH

Hot Dog  
Krinkle Fries  
House Salad  
Salad Bar

### BREAKFAST

Mini Pancakes  
Cereal & Cracker

30

### LUNCH

Cheese Pizza  
Pepperoni Pizza  
Frozen Fruit Cup  
Salad Bar

### BREAKFAST

French Toast  
Cereal & Cracker