





Goff Middle School

MAY



Menu subject to change

mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
1) Corn dog on a stick Bush's baked beans Celery & carrot sticks w/ranch Ruffles potato chips w/pickle Fresh fruit / light fruit cup Low fat or fat free milk	2) Baked ziti casserole Served with garlic bread stick Fresh vegetable salad Steamed Italian mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	3) Cheesy pub burgers Served with peppers/onions Seasoned oven fries Steamed sunny corn Fresh fruit / light fruit cup Low fat or fat free milk	4) Tyson chicken nuggets Healthy brown rice with gravy Cucumbers with ranch dressing Steamed broccoli with garlic & oil Fresh fruit / light fruit cup Low fat or fat free milk	5) Homemade cheese pizza Served on wheat crust Asian salads w/crispy noodles Sunny sweet carrot coins Fresh fruit / light fruit cup Low fat or fat free milk
8) Crispy chicken patty plain or spicy Served on whole grain bun Italian green beans Campbell's tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	9) Oven baked chicken dinner Creamy mashed potatoes/gravy California mixed vegetables Sweet pea salad Fresh fruit / light fruit cup Low fat or fat free milk	10) Ham & cheese sub Served with lettuce & tomato Tangy three bean salad Homemade chicken vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk	11) Cheesy mozzarella sticks Served with warm marinara sauce Celery sticks with ranch Seasoned sweet carrots Fresh fruit / light fruit cup Low fat or fat free milk	12) K-12 Half Day Professional Development
15) Hot meatball sub Served on wheat roll with sauce Savory minestrone soup Oven baked beans Fresh fruit / light fruit cup Low fat or fat free milk	16) Tyson Italian chicken fillet Garden brown rice/gravy Steamed lemon basil carrots Marinated chic pea salad Fresh fruit / light fruit cup Low fat or fat free milk	17) Wafflicious Wednesday Waffle sticks with syrup Savory sausage patty Hash brown patty/veggie bowl Fresh fruit / light fruit cup Low fat or fat free milk	18) Hamburger/cheeseburger Served on wheat roll Oven crispy sweet potato fries Fresh broccoli with ranch Fresh fruit / light fruit cup Low fat or fat free milk	19) Oven baked fish fillet Served with housemade tarter Land O Lakes mac n cheese Sweet peas/creamy coleslaw Fresh fruit / light fruit cup Low fat or fat free milk
22) Hot dog on wheat roll Seasoned French fries Campbell's bean and bacon soup Tomato and mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	23) Tyson BBQ chicken breast fillet Housemade garden pasta salad Steamed broccoli Healthy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	24) Taco Salad Day Lettuce, tomato, cheese, salsa Served on warm tortilla chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	25) Oven toasted cheese sandwich Served on wheat bread Campbell's cream of tomato soup Romaine garden salads with oranges Fresh fruit / light fruit cup Low fat or fat free milk	26) Homemade pepperoni pizza Served on wheat crust Crunchy green bean salad Steamed California mix Fresh fruit / light fruit cup Low fat or fat free milk
29) Memorial Day NO SCHOOL	30) Tyson chicken patty Wheat roll with lettuce & ranch Delicious baked cowboy beans Golden tater tots Fresh fruit / light fruit cup Low fat or fat free milk	31) Garlic and oil pizza dunkers Served with warm marinara sauce Crunchy garden salads Steamed seasoned Italian mix veggies Fresh fruit / light fruit cup Low fat or fat free milk	 <p>DAILY ENTREE ALTERNATIVE LUNCH Fresh salad with choice of topping, roll & dressing OR Monday--Tuna salad sandwich Tuesday--Turkey w/lettuce sandwich Wednesday--Bologna & cheese sandwich Thursday--PB&J uncrustable Friday--Ham & cheese sandwich Including vegetable, fruit & milk</p> 	

Breakfast price **\$1.75** daily
Lunch price **\$3.25** daily
Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

A la carte milk \$.60 | A la carte fruit or veggies \$.80

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements



Breakfast Kiosk
Cereal bars OR Nutrigrain bars OR
Whole grain Pop Tarts
Yogurt \ Fresh fruit
1% OR fat free milk
100% fruit juice
Students may choose 1 grain, fresh fruit, juice & milk
All meals meets Child Nutrition guidelines

