

Goff Middle School

JUNE











CONGRATULATIONS
8th GRADERS
ELEVATION CELEBRATION



Menu subject to change

mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Oven baked chicken Creamy mashed potatoes/gravy Steamed corn niblets Fresh broccoli with ranch Fresh fruit / light fruit cup Low fat or fat free milk	2) Goff's homemade pizza Served with assorted toppings Tangy cucumber salad Seasoned garden peas Fresh fruit / light fruit cup Low fat or fat free milk
5) Tyson chicken patty Served on whole wheat roll Tomato mozzarella salad/romaine Warm cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk	6) Oven toasted cheese sandwich Campbell's cream of tomato soup Garlic green beans Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk	7) Hamburger/cheeseburger Served on wheat roll Seasoned oven fries Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	8) Tyson chicken nuggets House made pasta salad Seasoned carrot rounds Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	9) K - 8 Early dismissal NO LUNCH SERVED
12) Hotdog on wheat roll Cowboy baked beans Seasoned beets over romaine Crunchy carrots with ranch Fresh fruit / light fruit cup Low fat or fat free milk	13) Taco Tuesday! Lettuce, cheese, tomato, salsa Served over warm tortilla chips Zesty confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	14) Summer time turkey sub Served with pickles and chips Garden vegetable soup Mixed vegetable cup Fresh fruit / light fruit cup Low fat or fat free milk	15) Goff's homemade pizza Served on whole grain crust Cool cucumber salad Seasoned broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	16)  K - 8 Early dismissal NO LUNCH SERVED
19) CHEF'S CHOICE  HAVE A GREAT SUMMER Fresh fruit / light fruit cup Low fat or fat free milk	20) CHEF'S CHOICE  WE WILL MISS YOU!! Fresh fruit / light fruit cup Low fat or fat free milk	21) CHEF'S CHOICE  SEE YOU IN SEPTEMBER Fresh fruit / light fruit cup Low fat or fat free milk	22) K - 8 Early dismissal NO LUNCH SERVED Last day of school	23)  Superintendent's Conference Day NO STUDENTS

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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

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



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