

GRADE 6-8



# Goff Middle School

## WELCOME BACK STUDENTS



**MENU September 2017**  
 Writing Checks for School Lunch is  
 Ancient History!  
 Easily pay for School Meals at  
[mySchoolBucks.com](http://mySchoolBucks.com)

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	
	29) Superintendent's Conference Day Staff Professional Development NO STUDENTS	30) Superintendent's Conference Day Staff Professional Development NO STUDENTS	31) Superintendent's Conference Day Staff Professional Development NO STUDENTS	1)  K - 12 SCHOOL RECESS
4) <b>LABOR DAY</b>  <b>NO SCHOOL</b>	5) Garlic and oil pizza dunkers Served with warm marinara sauce Fresh baby carrots with ranch Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk	6) Hamburger/cheeseburger Served on wheat roll Oven crispy french fries Mediterranean chick pea salad Fresh fruit / light fruit cup Low fat or fat free milk	7) Tyson golden chicken nuggets Served w/ side of pasta salad Spicy green beans Cool and crunchy cucumbers Fresh fruit / light fruit cup Low fat or fat free milk	8) Meatball sub Served on warm roll Fresh broccoli and ranch cups House made chicken vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
11) Corndog on a stick Oven baked cowboy beans Sweet carrot coins Delicious garden salads Fresh fruit / light fruit cup Low fat or fat free milk	12) Mozzarella sticks Served with warm marinara sauce Seasoned mixed vegetables Beet salad over romaine Fresh fruit / light fruit cup Low fat or fat free milk	13) Taco Salad Day!! Lettuce, cheese, tomato and salsa Served on warm bed of corn chips Corn and black bean salad Fresh fruit / light fruit cup Low fat or fat free milk	14) Oven baked chicken dinner Healthy for you brown rice/gravy Seasoned green beans Assorted fresh vegetable cups Fresh fruit / light fruit cup Low fat or fat free milk	15) Homemade pepperoni pizza Made on whole grain crust Creamy cucumber salad Italian mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk
18) Hamburger/cheeseburger Served on wheat roll Seasoned crispy French fries Housemade three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	19) Tyson bbq chicken breast fillet Creamy mashed potatoes/gravy Steamed sunny corn Tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	20) Breakfast for lunch day!! French toast sticks with syrup Savory sausage patty Hash brown/veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	21) <b>NO SCHOOL</b>	22) Cheesy French bread pizza Seasoned mixed vegetables House made minestrone soup Grape tomato and carrot cups Fresh fruit / light fruit cup Low fat or fat free milk
25) Tyson chicken patty on bun Served with lettuce,tomato,ranch Mediterranean chick pea salad Sweet glazed carrots Fresh fruit / light fruit cup Low fat or fat free milk	26) Meatballs Marinara Garlic & oil penne pasta Romaine garden salads Seasoned mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	27) Crazy stuffed crust pizza Served on whole grain crust House made chicken vegetable soup Italian green beans Fresh fruit / light fruit cup Low fat or fat free milk	28) Tyson popcorn chicken bowls Brown rice with chicken gravy Seasoned corn all in one bowl Fresh broccoli with ranch dressing Fresh fruit / light fruit cup Low fat or fat free milk	29) Oven baked fish fillet Served on wheat roll with tarter sauce Crispy cajun fries Homemade coleslaw/sweet peas Fresh fruit / light fruit cup Low fat or fat free milk

*All meals meet the Whole Grain requirements*



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

**\*\*\*LUNCH PRICE\*\*\***

Breakfast price **\$1.75** daily  
 Lunch price **\$3.25** daily

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

### 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  
 Including vegetable, fruit & milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..