

Goff Middle School



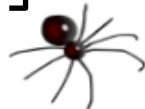
mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
2) Corndog on a stick Savory oven baked beans Campbell's cream of tomato soup Seasoned sweet potato fries Fresh fruit / light fruit cup Low fat or fat free milk	3) Tyson grilled Italian chicken fillet Savory brown rice pilaf & gravy Steamed broccoli Tangy three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	4) Taco Salad Day!! Lettuce, cheese, tomato, salsa Served on warm corn chips Black bean and corn salad Fresh fruit / light fruit cup Low fat or fat free milk	5) Tyson chicken parm Served with marinara and cheese Tasty tator tots Individual garden salads Fresh fruit / light fruit cup Low fat or fat free milk	6) Stuffed crust pepperoni pizza Healthy chicken vegetable soup Italian mixed vegetables Celery sticks served with ranch Fresh fruit / light fruit cup Low fat or fat free milk
9) NO SCHOOL COLUMBUS DAY	10) Garlic and oil pizza dunkers Served with warm marinara sauce Fresh baby carrots Crunchy garden salads Fresh fruit / light fruit cup Low fat or fat free milk	11) Cheesy pub burger/wheat roll Cajun seasoned French fries Fresh garden salads Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	12) Crispy Tyson chicken nuggets Vegetable pasta salad Sweet green peas Broccoli cups served with ranch Fresh fruit / light fruit cup Low fat or fat free milk	13) French bread pizza Served on whole wheat crust Steamed Italian mixed vegetables Housemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
16) Tyson golden chicken patty Served on whole wheat roll Seasoned beets over romaine Tangy chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	17) Golden baked mozzarella sticks Served with warm marinara sauce Fresh broccoli salad Italian seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	18) Hamburger/Cheeseburger Served on soft wheat roll Oven baked seasoned French fries Steamed California mix vegetables Fresh fruit / light fruit cup Low fat or fat free milk	19) Homemade Pizza Served on whole wheat crust Garden fresh salads Steaming minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk	20) NO SCHOOL FULL DAY PROFESSIONAL DEVELOPMENT
23) Hotdog served on wheat roll Slow baked cowboy beans Crunchy tortilla chip with salsa Sliced tomato over romaine Fresh fruit / light fruit cup Low fat or fat free milk	24) Cheesy homemade pizza Served on whole wheat crust Romaine garden salads Campbell's cream of tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	25) Meatball sub on wheat roll Served with marinara and parm Seasoned mixed vegetables Sliced cucumbers/grape tomatoes Fresh fruit / light fruit cup Low fat or fat free milk	26) Breakfast for Lunch! French toast sticks (3) with syrup Savory sausage patty Crispy hash brown/baby carrots Fresh fruit / light fruit cup Low fat or fat free milk	27) Oven baked fish fillet Served with homemade tartar sauce Land O'Lakes mac n cheese Broccoli coleslaw/sweet peas Fresh fruit / light fruit cup Low fat or fat free milk
30) Philly cheesesteak on roll Peppers, onions, cheese sauce Crunchy baby carrots with ranch Campbell's bean and bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	31) Tyson golden chicken nuggets Healthy herb brown rice & gravy Sweet glazed carrots Vanilla pudding cups Assorted veggie bags Lowfat or fat free milk	<p>Breakfast Kiosk Cereal 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</p>		

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

All meals meet the Whole Grain requirements

Menu subject to change



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

