



Goff Middle School



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Turkey bacon wrap Served with lettuce & tomato House made pasta salad Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	2) Cheesy homemade pizza Served on whole grain crust Fresh garden salad Chicken vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
5) Tyson golden chicken patty Slow baked cowboy beans Tomato mozzarella over romaine Mrs. Dash seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	6) Pizza crunchers Served w/ warm marinara Bodacious broccoli salad Creamy Campbell's tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	7) Taco Salad Day Lettuce, cheese, tomato, salsa Served on warm corn chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	8) Tyson golden chicken nuggets Vegetable rice pilaf/gravy Steamed California mix vegetables Fresh & healthy veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	9) Crispy fish fillet w/ tartar sauce Land O'Lakes mac & cheese House made coleslaw Seasoned sweet peas Fresh fruit / light fruit cup Low fat or fat free milk
12) Corn dog on a stick Sweet potato fries Campbell's bean & bacon soup Fresh garden salads with dressing Fresh fruit/light fruit cups Low fat or fat free milk	13) Garlic & oil pizza dunkers Served with warm marinara sauce Spicy carrot coins Crunchy cucumber salad Fresh fruit/light fruit cup Low fat or fat free milk	14) Hamburger or cheeseburger Served on wheat roll Cajun seasoned oven fries Garlic & herb green beans Fresh fruit/light fruit cup Low fat or fat free milk	15) Orange chicken bowl Served over whole wheat noodles Seasoned and steamed corn Assorted veggie bags Fresh fruit/light fruit cup Low fat or fat free milk	16) Tony's French bread pizza Served on whole grain crust Green bean salad Chicken vegetable soup Fresh fruit/light fruit cup Low fat or fat free milk
19)	20)	21)	22)	23)
Winter Recess NO SCHOOL				
26) Mozzarella sticks/sauce Garlic & oil bread stick Crunchy salads w/ oranges & raisins Oven roasted seasoned chickpeas Fresh fruit / light fruit cup Low fat or fat free milk	27) Breakfast for lunch Savory sausage patty Delicious French toast sticks Golden hash brown/baby carrots Fresh fruit/light fruit cup Low fat or fat free milk	28) Italian grilled chicken breast Healthy brown rice/gravy Seasoned green beans Fresh broccoli cups/ranch Fresh fruit / light fruit cup Low fat 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</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



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

