GRADE 6-8

Goff Middle School
MAY

MENU 2018

Menu subject to change

mySchoolBucks.com

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
	1) Pizza crunchers with sauce Green bean salad Fresh vegetable salad Steamed California mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	**2) Hamburger/Cheeseburger** Served on wheat roll House made macaroni salad Fresh tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	**3) 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	**4) Homemade cheese pizza** Served on wheat crust Crispy celery sticks with ranch Sunny sweet carrot coins Fresh fruit / light fruit cup Low fat or fat free milk
7) Oven baked corn dog on stick Mediterranean chickpea salad Italian green beans Campbell's tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	**8) Garlic and oil pizza dunkers** Served with marinara sauce Romaine salads with oranges/raisins Sweet pea salad Fresh fruit / light fruit cup Low fat or fat free milk	**9) Roasted turkey and gravy** Served over warm biscuit Sweet peas Warmed cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk	**10) Chicken fajita served on wrap** Peppers, onions and cheese Savory Spanish rice Steamed sweet corn Fresh fruit / light fruit cup Low fat or fat free milk	**11) Stuffed crust pepperoni pizza** Served on whole grain crust Cool and creamy corn salad Delicious cream of broccoli soup Fresh fruit / light fruit cup Low fat or fat free milk
14) Tyson chicken patty Served with lettuce, tomato, ranch Savory minestrone soup California mix Fresh fruit / light fruit cup Low fat or fat free milk	**15) Tyson Italian chicken fillet** Garden brown rice/gravy Steamed lemon basil carrots Marinated chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	**16) 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	**17) Tyson golden chicken nuggets** Savory scalloped potatoes Campbell's cream of tomato soup Steamed garlic and oil broccoli Fresh fruit / light fruit cup Low fat or fat free milk	**18) Oven baked fish fillet** Served with house made tartar Land O'Lakes mac n cheese Sweet peas/creamy coleslaw Fresh fruit / light fruit cup Low fat or fat free milk
21) Hotdog on wheat roll Oven baked cowboy beans Creamy cucumber salad Sweet carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	**22) Popcorn chicken bowl** Creamy mashed potatoes with gravy Seasoned corn Healthy veggie cups Fresh fruit/light fruit cup Low fat or fat free milk	**23) Hamburger/cheeseburger** Served on wheat roll Cajun seasoned French fries Tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	**24) Turkey, cheese, lettuce wraps** House made garden pasta salad Crunchy dill pickle/potato chips Fresh broccoli with ranch Fresh fruit / light fruit cup Low fat or fat free milk	**25)** **6-12** **HALF DAY OF SCHOOL** **PROFESSIONAL DEVELOPMENT**
28) **Memorial Day** **NO SCHOOL**	**29) Tyson chicken patty on roll** Oven baked cowboy beans Steamed garlic and oil broccoli Garden fresh salads Fresh fruit/light fruit cup Low fat or fat free milk	**30) Taco salad day** Lettuce, tomato, cheese, salsa Served on warm tortilla chips Baby carrots with ranch Fresh fruit / light fruit cup Low fat or fat free milk	**31) Breakfast for lunch** French toast sticks with syrup Crunchy hash brown patty Savory sausage patty Fresh fruit / light fruit cup Low fat or fat free milk	

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 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