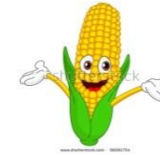




Goff Middle School



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Crispy fish fillet Served with side of mac and cheese Creamy coleslaw/sweet peas Fresh vegetable cup Fresh fruit / light fruit cup Low fat or fat free milk
4) Meatball sub on wheat roll Served with marinara and cheese Garden chickpea salad Baby carrots with ranch Fresh fruit / light fruit cup Low fat or fat free milk	5) Stuffed crust pizza Served on whole grain crust Steamed garlic broccoli Creamy corn salad Fresh fruit / light fruit cup Low fat or fat free milk	6) Hamburger/cheeseburger Oven baked french fries Fresh garden salads Green bean salad Fresh fruit / light fruit cup Low fat or fat free milk	7) Tyson golden nuggets Garden brown rice/gravy Seasoned carrot coins Fresh vegetable cup Fresh fruit / light fruit cup Low fat or fat free milk	8) K - 8 Early dismissal NO LUNCH SERVED
11) Tyson chicken patty on a roll Served with lettuce and ranch Oven baked cowboy beans Fresh tomato/mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	12) Pulled pork sandwich Served with creamy coleslaw Cajun seasoned french fries Steamed seasoned corn Fresh fruit / light fruit cup Low fat or fat free milk	13) 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	14) Homemade cheese pizza Served on wheat crust Creamy cucumber salad Crunchy celery sticks Fresh fruit / light fruit cup Low fat or fat free milk	15) K - 8 Early dismissal NO LUNCH SERVED
18) COOK'S CHOICE Fresh fruit / light fruit cup Low fat or fat free milk	19) COOK'S CHOICE Fresh fruit/light fruit cup Low fat or fat free milk	20) COOK'S CHOICE Fresh fruit / light fruit cup Low fat or fat free milk	21) K - 8 Early dismissal NO LUNCH SERVED Last day of school	22) Superintendent's Conference Day NO STUDENTS

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

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



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements

Menu subject to change

