



Goff Middle School

SEPTEMBER



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
3) LABOR DAY NO SCHOOL	4) Superintendent's Conference Day No Students	5) Superintendent's Conference Day No Students	6) Tyson Chicken Nuggets Zesty pasta salad Warm green beans Crunchy carrot bowls w/ranch Fresh fruit / light fruit cup Low fat or fat free milk	7) Cheesy French bread pizza Served on whole grain crust Crispy romaine tossed salad Golden corn nibbles Fresh fruit / light fruit cup Low fat or fat free milk
10) Corn dog on a stick Oven baked cowboy beans Cajun French fries Sweet carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	11) Crispy pizza crunchers Breaded crust w/sauce & mozzarella Steamed broccoli Chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	12) Taco Salad Day! Lettuce, cheese, tomato & salsa Served on golden tortilla chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	13) BBQ grilled chicken Vegetable rice pilaf Yummy peas & carrots Healthy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	14) Meatballs marinara Garlic & oil penne pasta Italian mixed vegetables Healthy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
17) Golden mozzarella sticks Served with warm marinara sauce Crispy tossed salad Italian green beans Fresh fruit / light fruit cup Low fat or fat free milk	18) Hamburger or cheeseburger Served on whole grain bun Seasoned tater tots House made three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	19) NO SCHOOL	20) Popcorn chicken bowl Brown rice with chicken gravy Seasoned corn all in one bowl Marinated chic pea salad Fresh fruit / light fruit cup Low fat or fat free milk	21) Cheese/pepperoni pizza Homemade on whole grain crust Italian mixed vegetables Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk
24) Tyson chicken patty Served with lettuce, tomato, ranch Creamy Campbell's tomato soup Fresh steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	25) Personal pan pizza Marinated beets over romaine California mixed vegetables Crunchy cucumber cups Fresh fruit / light fruit cup Low fat or fat free milk	26) 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	27) Turkey and cheese subs Dill pickle and potato chips Bush baked beans Sunny carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	28) Oven baked fish fillet Served on whole grain roll Crispy seasoned fries Crisp and creamy coleslaw Fresh fruit / light fruit cup Low fat or fat free milk

*****LUNCH PRICE*****
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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

WELCOME BACK STUDENTS