





Goff Middle School



mySchoolBucks.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1) Hot dog on a wheat roll Bush's baked beans Creamy cucumber salad Steamed sweet carrots Fresh fruit / light fruit cup Low fat or fat free milk | 2) Tyson golden chicken nuggets Healthy brown rice with gravy Garlicky green beans Fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk | 3) Hamburger/cheeseburger Served on a wheat roll Crispy Cajun French fries Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk | 4) Garlic and oil pizza dunkers Served with warmed marinara sauce Fresh tomato mozzarella salad Steamed broccoli with garlic Fresh fruit / light fruit cup Low fat or fat free milk | 5) Cheese/pepperoni pizza Homemade on whole grain crust Vegetable soup Warm cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk |
| 8) Columbus Day No School  | 9) Tyson golden chicken patty Served on wheat roll Sliced beets over fresh romaine Steamed peas Fresh fruit / light fruit cup Low fat or fat free milk | 10) Taco Salad Day! Lettuce, cheese, tomato, salsa Served on warmed corn chips Zesty three bean salad Fresh fruit / light fruit cup Low fat or fat free milk | 11) Toasted cheese sandwich Campbell's cream of tomato soup Italian green beans Romaine salads with oranges/raisins Fresh fruit / light fruit cup Low fat or fat free milk | 12) Stuffed crust pizza Served on whole grain crust Minestrone soup Celery sticks with ranch dsq. Fresh fruit / light fruit cup Low fat or fat free milk |
| 15) Pulled pork sandwich Served w/BBQ sauce on wheat roll Crunchy coleslaw Cajun French fries Fresh fruit / light fruit cup Low fat or fat free milk | 16) Golden mozzarella sticks Served with warm marinara sauce Vitamin rich garden salads Mediterranean chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk | 17) Hamburger/cheeseburger Served on wheat roll Ruffles potato chips/dill pickle Yummy fresh green bean salad Fresh fruit / light fruit cup Low fat or fat free milk | 18) Popcorn chicken bowls Steamed brown rice with gravy Seasoned corn all in one bowl Delicious veggie bags Fresh fruit / light fruit cup Low fat or fat free milk | 19) K-12 HALF DAY Professional Development  |
| 22) Corn dog on a stick Cowboy oven baked beans Seasoned carrot coins Sliced cucumbers with ranch dsq. Fresh fruit / light fruit cup Low fat or fat free milk | 23) BBQ chicken on wheat roll Creamy coleslaw Crispy Cajun fries Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk | 24) Taco Salad Day! Lettuce, cheese, tomato, salsa Served on warmed corn chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk | 25) Turkey, cheese, lettuce wrap Garden pasta salad Fresh tomato mozzarella salad Campbell's cream of tomato soup Fresh fruit / light fruit cup Low fat or fat free milk | 26) Cheese/pepperoni pizza Homemade on whole grain crust Chicken vegetable soup Steamed garlic broccoli Fresh fruit / light fruit cup Low fat or fat free milk |
| 29) Meatless Monday Crispy fish fillet Served w/side of mac and cheese Steamed peas/three bean salad Fresh fruit / light fruit cup Low fat or fat free milk | 30) Breakfast for lunch! French toast sticks with syrup Savory sausage patty Hash brown patty/baby carrots Fresh fruit / light fruit cup Low fat or fat free milk | 31) Hot meatball sub on wheat roll Served w/sauce and parm. cheese Crispy romaine salads Italian green beans Fresh fruit / light fruit cup Low fat or fat free 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 Including vegetable, fruit & milk</p>  | |

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



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

All meals meet the Whole Grain requirements
 Menu subject to change

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