



Goff Middle School



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY THANKSGIVING!</p>			<p>1) Tyson chicken nuggets Creamy whipped potatoes/gravy Seasoned sweet carrots Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>2) Cheese/pepperoni pizza Homemade on whole grain crust Minestrone soup Steamed california mix vegetables Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>5) Hot dog on wheat roll Oven baked cowboy beans Seasoned beets over fresh romaine Steamed corn Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>6) K-12 NO SCHOOL Professional Development</p>	<p>7) Taco Salad Day!! Lettuce, cheese, tomato, salsa Served on warmed corn chips Corn confetti salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>8) Garlic and oil pizza crunchers Served with marinara sauce Seasoned green beans Fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>9) Cheese/pepperoni pizza Homemade on whole grain crust Romaine garden salads Crunchy celery sticks with ranch Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>12) VETERANS DAY OBSERVANCE NO SCHOOL</p>	<p>13) Hamburger/cheeseburger Served on wheat roll Crunchy cajun French fries Steamed carrot coins Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>14) Garlic and oil pizza dunkers Served with warm marinara sauce Fresh broccoli salad Seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>15) Popcorn chicken bowls Steamed brown rice/gravy Seasoned sweet corn Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>16) Cheese/pepperoni pizza Homemade on whole grain crust Chicken vegetable soup Sweet pea salad Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>19) Meatless Monday Lasagna roll-up Served with sauce/breadstick Garden salads with oranges/raisins Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>20) French bread pizza Vitamin packed green bean salad Mediterranean chickpea salad Vanilla pudding Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>21) *****THANKSGIVING RECESS***** 22) 23) NO SCHOOL*****</p>		
<p>26) Corn dog on a stick Oven baked cowboy beans Fresh cucumber/tomato cups Seasoned carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>27) Tyson golden chicken nuggets Garden brown rice/gravy Steamed garlic and oil broccoli Fresh romaine salads Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>28) Meatballs and pasta Served with sauce and cheese Italian green beans Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>29) Breakfast for lunch French toast bites Savory sausage patty Hash brown/sweet baby carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>30) Crispy fish fillet on wheat roll Served with tartar sauce Oven crispy seasoned fries Creamy coleslaw/sweet peas Fresh fruit / light fruit cup Low fat or fat free milk</p>

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

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, grain & 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

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Menu subject to change