



Goff Middle School

MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
				1) Cheese/Pepperoni pizza Homemade on whole grain crust Minestrone soup Steamed broccoli/fresh veggie cups Fresh fruit/light fruit cup Low fat or fat free milk
4) Golden corn dog Sweet potato fries Garden fresh salads Spicy chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	5) Tyson BBQ Chicken filet Served on wheat roll Savory carrot coins Garden pasta salad/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	6) Taco Salad Day! Lettuce, cheese, tomato, salsa Served on warm corn chips Black bean and veggie salad Fresh fruit / light fruit cup Low fat or fat free milk	7) Tyson chicken nuggets Land O'Lakes mac & cheese Steamed broccoli Fresh tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	8) Cheese/pepperoni pizza Homemade on whole grain crust Crunchy garden side salads Italian green beans Fresh fruit / light fruit cup Low fat or fat free milk
11) Tyson chicken patty parm. Served on warm wheat roll Oven baked beans Savory carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	12) Mozzarella sticks with sauce Served with side of penne pasta Steamed garden beans Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	13) Hamburger/cheeseburger Served on warm wheat roll Cajun seasoned fries Garden fresh salads/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	14) Chicken fajita Cheese, peppers, onions on wrap Steamed seasoned corn Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	15) K-12 NO SCHOOL Professional Development
18) Hotdog on wheat roll Served with side of pasta salad Garlic and oil steamed broccoli Four bean salad Fresh fruit / light fruit cup Low fat or fat free milk	19) Garlic and oil pizza dunkers Served with marinara sauce Crunchy garden salads Healthy and fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	20) Turkey and gravy dinner Served with mashed potatoes Sunny steamed corn Garlic bread stick/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	21) Toasted cheese sandwich Campbell's cream of tomato soup Garlic and herb green beans Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	22) Oven crispy fish filet Served with side of mac n cheese Tangy coleslaw/sweet peas Crunchy baby carrot cups Fresh fruit / light fruit cup Low fat or fat free milk
25) Meatballs and marinara sauce Served with a side of penne pasta Warm garlic breadstick Garden salads/carrot coins Fresh fruit/light fruit cup Low fat or fat free milk	26) Tony's French bread pizza Steamed broccoli Minestrone soup Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	27) 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	28) Tyson chicken patty Served on warm wheat roll Crispy tater tots Fresh veggie cups/baked beans Fresh fruit / light fruit cup Low fat or fat free milk	29) Cheese/pepperoni pizza Homemade on whole grain crust Hearty vegetable soup Crunchy corn salad/veggie cups 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

All meals meet the Whole Grain requirements



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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

Menu subject to change

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