



Menu subject to change

# Grab n Go Breakfast Menu

## Goff Middle School

Grade 6-8



[mySchoolBucks.com](http://mySchoolBucks.com)

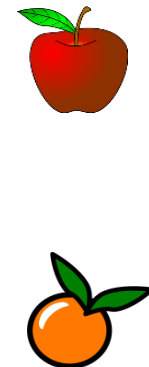
All meals meet the Whole Grain requirements

Monday	Tuesday	Wednesday	Thursday	Friday
Yummy Pancakes Maple or Strawberry Variety of 100% Juice Fresh Apple/Banana/Raisins Low Fat or Fat Free Milk	Golden Waffles or Warm Muffins Blueberry or Maple Variety of 100% Juice Fresh Apple/Banana/Raisins Low Fat or Fat Free Milk	Toasted Whole Grain Bagel Cinn. or straw. pull apart bagel Variety of 100% Juice Fresh Apple/Banana/Raisins Low Fat or Fat Free Milk	Sausage Pancake on a Stick Whole Grain Goodness Variety of 100% Juice Fresh Apple/Banana/Raisins Low Fat or Fat Free Milk	Warm Whole Grain Donut Hot and Fresh Variety of 100% Juice Fresh Apple/Banana/Raisins Low Fat or Fat Free Milk



**All reimbursable meals include**  
Juice  
Fruit  
&  
Milk

**Available Daily**  
Daily hot item or  
Pop-Tarts  
Breakfast bars  
Yogurt  
Cheese stick  
Peanut butter cup  
Fresh fruit



**SNACK PRICES**  
Cheez-it \$.50  
Goldfish \$.75  
Cheese stick \$.30  
Breakfast Bar \$1.25  
Assorted Yogurt \$1.25  
Juice Cup \$.60  
Water \$1.00  
All snacks are SMART SNACK compliant

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



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..