



# Goff Middle School

## MAY



Menu subject to change

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1) <b>Hamburger or cheeseburger</b> Served on warm wheat roll Crunchy oven fries Fresh garden salads/broccoli Fresh fruit / light fruit cup Low fat or fat free milk	2) <b>Turkey and gravy</b> Served over warm biscuit Steamed sweet peas Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	3) <b>French bread pizza</b> Served on whole grain crust Creamy corn salad Steamed mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk
6) <b>Tyson chicken patty</b> Served on warm wheat roll Oven baked cowboy beans Steamed carrots/veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	7) <b>Meatball sub on wheat roll</b> Served with marinara and cheese Steamed broccoli Tomato/mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>Baked chicken dinner</b> Mashed potatoes/gravy Steamed corn/breadstick Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	9) <b>Golden corn dog</b> Healthy sweet potato fries Fresh romaine salads Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	10) <b>Cheese/pepperoni pizza</b> Homemade on whole grain crust Garlic and herb green beans Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
13) <b>Meatless Monday</b> Macaroni and cheese Crispy garden salads Steamed mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Tyson golden chicken nuggets</b> Steamed herb rice/gravy Seasoned green beans Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Taco salad day!!</b> Lettuce, cheese, tomato, salsa Served on warm corn chips Delicious confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	16) <b>Turkey, cheese, lettuce wrap</b> Garden pasta salad Ruffles potato chips/pickle slice Fresh veggie cups/black bean salad Fresh fruit / light fruit cup Low fat or fat free milk	17) <b>Crispy fish fillet on wheat roll</b> Served with housemade tartar sauce Crunchy tater tots Coleslaw/sweet peas Fresh fruit / light fruit cup Low fat or fat free milk
20) <b>Hot Dog on wheat roll</b> Sweet potato fries Savory baked beans Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	21) <b>Chicken fajita wrap</b> Cheddar cheese, peppers, onions Steamed sweet corn Savory Spanish rice Fresh fruit/light fruit cup Low fat or fat free milk	22) <b>Bacon Burger</b> Served on warm wheat roll Creamy macaroni salad Steamed green beans/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	23) <b>Lasagna roll-ups with sauce</b> Served with meatballs and cheese Garlic and oil steamed broccoli Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Emergency Closing Make-Up Day</b>  <b>NO SCHOOL</b>
27) <b>Memorial Day Recess</b>  <b>NO SCHOOL</b>	28) <b>Emergency Closing Make-Up Day</b>  <b>NO SCHOOL</b>	29) <b>Garlic and oil pizza dunkers</b> Served with marinara sauce Steamed green beans/veggie cups Delicious chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	30) <b>Tyson popcorn chicken bowls</b> Mashed potatoes, corn, gravy Warm garlic breadstick Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	31) <b>Cheese/pepperoni pizza</b> Homemade on whole grain crust Fresh garden salads Steamed mixed vegetables 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**

**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..

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All meals meet the Whole Grain requirements