



# Goff Middle School

## SEPTEMBER



*Easily Pay for School Meals At*  
[myschoolbucks.com](http://myschoolbucks.com)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2) <b>LABOR DAY</b>  <b>NO SCHOOL</b>	3) <b>Superintendent's Conference Day</b>  <b>NO SCHOOL</b>	4) <b>Superintendent's Conference Day</b>  <b>NO SCHOOL</b>	5) <b>Tyson chicken nuggets</b> Herb brown rice with gravy Steamed broccoli Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	6) <b>Pizza crunchers with sauce</b> Fresh garden salads Steamed green beans Fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
9) <b>Hot Dog on wheat roll</b> Cowboy baked beans Seasoned steamed carrots Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	10) <b>Meatballs marinara</b> Served with penne and parm. Crispy garden salads Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	11) <b>Hamburger/Cheeseburger</b> Served on warm wheat roll Crispy Cajun oven fries Veggie cups/steamed corn Fresh fruit / light fruit cup Low fat or fat free milk	12) <b>Tyson chicken nuggets</b> Fresh garden pasta salad Steamed green beans Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>Cheese or pepperoni pizza</b> Served on whole grain crust Chicken vegetable soup Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk
16) <b>BBQ meatballs</b> Served with penne pasta House made four bean salad Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	17) <b>Tyson chicken patty parm</b> Served on warm wheat roll Fresh garden salads Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Taco salad day</b> Served on warm corn chips Lettuce, tomato, cheddar, salsa Corn and black bean salad Fresh fruit / light fruit cup Low fat or fat free milk	19) <b>Popcorn chicken bowl</b> Served in one bowl Mashed potato, corn, gravy Warm garlic breadstick Fresh fruit / light fruit cup Low fat or fat free milk	20) <b>Cheese/pepperoni pizza</b> Served on whole grain crust Minestrone soup Steamed mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk
23) <b>Golden corn dog</b> Crispy tater tots House made chickpea salad Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Oven toasted cheese sandwich</b> Campbell's cream of tomato soup California mixed vegetables Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Sloppy Joe on wheat roll</b> Crispy Cajun oven fries Seasoned steamed corn Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Garlic and oil pizza dunkers</b> Served with warm marinara Steamed green beans Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>Oven crispy fish filet</b> LOL mac n cheese Steamed broccoli Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
30) <b>Pub burger on wheat roll</b> Served with peppers and onions Baked smile fries Savory baked beans/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p style="text-align: center;"><b>***LUNCH PRICE***</b> Breakfast price <b>\$1.75</b> daily Lunch price <b>\$3.25</b> daily Reduced price meals: Lunch <b>Free</b> / Breakfast <b>Free</b></p> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%; text-align: center;"> <p style="color: red; font-weight: bold;">A la carte milk \$.60   A la carte fruit or veggies \$.80</p> </div> <div style="border: 2px dashed black; padding: 5px; margin: 5px auto; width: 80%; text-align: center;"> <p style="font-style: italic;">All meals meet the Whole Grain requirements</p> </div> <div style="border: 2px dashed black; padding: 5px; margin: 5px auto; width: 80%; text-align: center;"> <p style="font-size: small;">THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER &amp; EMPLOYER..</p> </div>			

### 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  
See complete menu on the Food Service website

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