Goff Middle School

MENU January 2017





mySchoolBucks.com

_	Monday	Tuesday	Wednesday	Thursday	Friday
2)		3) Tyson Chicken Patty Parm	4) Oven Toasted Cheese Sandwich	5) Pizza Crunchers	6) Crispy Fish Filet with Tarter
	Holiday	Slow baked cowboy beans	Campbell's cream of tomato soup	Served with sauce and parm cheese	Oven baked Cajun fries
	Recess	Sweet glazed carrot coins	Fresh garden salads	Crispy cucumber salad	Homemade coleslaw/sweet peas
		Fresh veggie bags	Garlic and herb green beans	Italian Green Beans	Warming minestrone soup
		Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
		Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
9) Co:	rndog on Stick	10) Crispy Mozzarella Sticks	11) Hamburger/Cheeseburger	12) Tyson Golden Chicken Nuggets	13) Homemade Pepperoni Pizza
Sw	reet potato fries	Served with warm marinara sauce	Served on wheat roll	Vegetable rice pilaf	Served on whole grain crust
Garden salads with oranges, raisins		Fresh Garden Salad	Oven crispy French fries	Baked Hubbard squash	Bodacious broccoli salad
Baby carrots with ranch		Campbell's bean and bacon soup	Confetti corn salad/chick pea salad	Warm cinnamon applesauce	Chicken vegetable soup
Fresh fruit / light fruit cup		Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
Low fat or fat free milk		Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
16) Martin Luther King Jr. Day		17) Tony's Personal Pan Pizza	18) Taco Salad Day!!	19) Oven Baked Grilled Chicken	20) Homemade Cheese Pizza
	2.4.2.	Served on a whole grain crust	Lettuce, cheese, tomato and salsa	Creamy alfredo with penne	Served on whole grain crust
No		Tomato and mozzarella salad	Served on warm corn chips	Italian green beans	Delicious vegetable soup
School		Steamed Italian Mixed Vegetables	Corn confetti salad	Fresh broccoli cup w/ ranch	Crunch celery sticks with ranch
		Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
		Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
23) Meatballs and Marinara Sauce		24) Chicken Soft Taco	25) Lasagna Roll Ups	26) Breakfast for lunch day!!	27) French Bread Pizza
Served over whole wheat penne		Peppers, Onions and Cheese	Warm marinara & a Bread Stick	Tasty French toast sticks	Steaming minestrone soup
Steamed cinnamon squash		Authentic Spanish rice	Steamed Broccoli	Savory sausage patty	California mix vegetables
Fresh garden salads		Seasoned green beans	Fresh Garden Salad	Golden hash brown/steamed carrots	Cucumber dill salad
Fresh fruit / light fruit cup		Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
Low fat or fat free milk		Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
30) Pizza Crunchers		31) Tyson Popcorn Chicken Bowls			
Served with warm marinara sauce		Brown rice, corn and gravy			
Fresh tomato and mozzarella salad		Steamed broccoli			

Breakfast price \$1.75 daily Lunch price \$3.25 daily Reduced price meals:

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

Steamed seasoned peas

Fresh fruit / light fruit cup

Low fat or fat free milk

Snack Prices (choices may vary) Assorted Yogurt - \$.75 Cookie - \$.60 Ice Cream - \$.85 Juice Cup - \$.60 Breakfast Kiosk

Cereal bars OR Nutrigrain 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

All meals meet the Whole Grain requirements

Fresh carrots with ranch

Fresh fruit / light fruit cup

Low fat or fat free milk