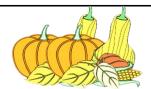
GRADE 6-8



Goff Middle School



MENU November 2017



Menu subject to change

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		Duc	N.J.	-

Man Jan	T 1	W.J., J	T1 1	T: J
Monday	Tuesday	Wednesday	Thursday	Friday
		1) Hamburger/cheeseburger	2) Breakfast for lunch day!	3) Homemade pepperoni pizza
		Served on soft wheat roll	French toast sticks with syrup	Marinated chickpea salad
		Crisp and cool coleslaw	Savory sausage patty	Good for you vegetable soup
HAPPY		Oven baked seasoned fries	Crunchy tater tots/baby carrots	Seasoned California mix vegetables
THANKSELVING!		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
6) Tyson golden chicken patty	7) Mozzarella sticks with marinara	8) Taco Salad Day!	9) Tyson chicken nuggets	10)
Lettuce, tomato, and ranch	Garlic and oil rotini	Lettuce, cheese, tomato and salsa	Healthy herb brown rice	
Seasoned sweet potato fries	Tangy three bean salad	Served over warm corn chips	Steamed seasoned corn	VETERANS DAY
Steamed green beans	Celery sticks with ranch	Refried beans with cheddar cheese	Fresh broccoli cups	NO SCHOOL
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	
13) Oven toasted cheese sandwich	14) Tyson popcorn chicken bowls	15) Rotini and meat sauce casserole	16) BBQ Pulled Pork on a Roll	17) Homemade cheese pizza
Campbell's cream of tomato soup	Mashed potato with gravy	Fresh baked garlic breadstick	Creamy housemade coleslaw	Served on whole grain crust
Chickpea and vegetable salad	Seasoned corn all in one bowl	Romaine garden salads	Cajun style French fries	House made minestrone soup
Steamed carrot coins	Vitamin rich garden salads	Always fresh vegetable bag	Seasoned mixed vegetables	Celery sticks and baby carrots
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
20) Hot dog on wheat roll	21) French bread pizza	[22]	23)	24)
Slow baked cowboy beans			O SCHOOL****	
Seasoned beets over romaine	Steaming chicken soup	THANKSGIVING RECESS 9 @ NO SCHOOL		
Steamed delicious broccoli	Crunchy green bean salad			
Fresh fruit / light fruit cup	Fresh fruit / light fruit cup			
Low fat or fat free milk	Low fat or fat free milk		9	
27) Crispy pizza crunchers	28) Tyson chicken nuggets	29) Hamburger or cheeseburger	30) Turkey & cheese wrap	A SOCO
Served with warm marinara sauce	Vegetable rice pilaf	Served on wheat roll	Pickle & chips	
Seasoned sliced tomato/romaine	Garden fresh romaine salads	Fabulous French fries	-	
			<u> </u>	
5.				Happy Thanksgiving!
	e i			To You And Your Family
27) Crispy pizza crunchers Served with warm marinara sauce	28) Tyson chicken nuggets Vegetable rice pilaf	Served on wheat roll	1	Happy Thanksgiving! To You And Your Family

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

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..