



Goff Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
			1) Turkey, bacon, lettuce wrap Garden pasta salad Ruffle potato chips/pickle spear Mixed veg./sliced cucumbers Fresh fruit / light fruit cup Low fat or fat free milk	2) Stuffed crust cheese pizza Served on whole grain crust Fresh celery sticks with ranch Homemade vegetable soup Fresh fruit/light fruit cup Low-fat or fat free milk
5) Crispy chicken patty Served on whole grain bun Lettuce, tomato, & ranch dressing Mediterranean chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	6) Cheesy lasagna roll-up Served with meatballs/breadstick Tossed garden salad Savory carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	7) Hamburger/cheeseburger Served on wheat roll Crispy cajun fries Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	8) Popcorn chicken bowl Creamy mashed potatoes/gravy Steamed seasoned corn Celery sticks served with ranch Fresh fruit / light fruit cup Low fat or fat free milk	9) Homemade cheese pizza Served on whole grain crust Delicious cream of broccoli soup Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk
12) Corn dog on a stick Cowboy baked beans Tomato and mozzarella salad Crunchy baby carrots with ranch Fresh fruit / light fruit cup Low fat or fat free milk	13) Garlic & oil pizza dunkers Served with warm marinara sauce Fresh garden salads Italian seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	14) Taco Salad! Lettuce, tomato, cheese, salsa Served on warm tortilla chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	15) BBQ grilled chicken breast Served with scalloped potatoes Steamed broccoli/garlic breadstick Good for you veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	16) Crispy fish fillet w/ tartar sauce Land O'Lakes mac n cheese Homemade coleslaw/sweet peas Celery sticks with ranch Fresh fruit / light fruit cup Low fat or fat free milk
19) Hamburger or cheeseburger Served on whole wheat bun Crispy seasoned French fries Sweet pea salad/Bean/bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	20) Cheesy pizza crunchers Served with warm marinara sauce Vitamin packed garden salads Steamed winter mix vegetables Fresh fruit / light fruit cup Low fat or fat free milk	21) Waffleicious Wednesday Waffle sticks with syrup Savory sausage patty Golden hash brown/baby carrots Fresh fruit / light fruit cup Low fat or fat free milk	22) Chicken Fajita Day Peppers, onions, cheese on wrap Served with side of spanish rice Steamed corn with red peppers Fresh fruit / light fruit cup Low fat or fat free milk	23) K-12 HALF DAY OF SCHOOL Professional development
26) Hot dog on a bun Bush's baked beans Seasoned beets over romaine Sunny carrot coins Fresh fruit/light fruit cup Low fat or fat free milk	27) Tony's French bread pizza Steamy minestrone soup Garlic and herb green beans Fresh veggie bags with ranch Fresh fruit / light fruit cup Low fat or fat free milk	28) Taco Salad! Lettuce, tomato, cheese, salsa Served on warm corn chips Three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	29) Toasted cheese sandwich Campbell's cream of tomato soup Garden salads/dill pickle spear Assorted veggie bags Fresh fruit/light fruit cup Low fat or fat free milk	30) K-12 NO SCHOOL SPRING RECESS

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

All meals meet the Whole Grain requirements



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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

Menu subject to change