



# Goff Middle School

## SEPTEMBER



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

Monday	Tuesday	Wednesday	Thursday	Friday
3) <b>LABOR DAY</b>  <b>NO SCHOOL</b>	4) <b>Superintendent's Conference Day</b>  <b>No Students</b>	5) <b>Superintendent's Conference Day</b>  <b>No Students</b>	6) <b>Tyson Chicken Nuggets</b> Zesty pasta salad Warm green beans Crunchy carrot bowls w/ranch Fresh fruit / light fruit cup Low fat or fat free milk	7) <b>Cheesy French bread pizza</b> Served on whole grain crust Crispy romaine tossed salad Golden corn nibbles Fresh fruit / light fruit cup Low fat or fat free milk
10) <b>Corn dog on a stick</b> Oven baked cowboy beans Cajun French fries Sweet carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	11) <b>Crispy pizza crunchers</b> Breaded crust w/sauce & mozzarella Steamed broccoli Chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	12) <b>Taco Salad Day!</b> Lettuce, cheese, tomato & salsa Served on golden tortilla chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>BBQ grilled chicken</b> Vegetable rice pilaf Yummy peas & carrots Healthy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Meatballs marinara</b> Garlic & oil penne pasta Italian mixed vegetables Healthy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
17) <b>Golden mozzarella sticks</b> Served with warm marinara sauce Crispy tossed salad Italian green beans Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Hamburger or cheeseburger</b> Served on whole grain bun Seasoned tater tots House made three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	19) <b>NO SCHOOL</b>	20) <b>Popcorn chicken bowl</b> Brown rice with chicken gravy Seasoned corn all in one bowl Marinated chic pea salad Fresh fruit / light fruit cup Low fat or fat free milk	21) <b>Cheese/pepperoni pizza</b> Homemade on whole grain crust Italian mixed vegetables Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk
24) <b>Tyson chicken patty</b> Served with lettuce, tomato, ranch Creamy Campbell's tomato soup Fresh steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Personal pan pizza</b> Marinated beets over romaine California mixed vegetables Crunchy cucumber cups Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Breakfast for lunch day!!</b> French toast sticks with syrup Savory sausage patty Hash brown/veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>Turkey and cheese subs</b> Dill pickle and potato chips Bush baked beans Sunny carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	28) <b>Oven baked fish fillet</b> Served on whole grain roll Crispy seasoned fries Crisp and creamy coleslaw Fresh fruit / light fruit cup Low fat or fat free milk

**\*\*\*LUNCH PRICE\*\*\***  
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*

### **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..

# WELCOME BACK STUDENTS