



Goff Middle School

FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
				1) Cheese/pepperoni pizza Homemade on whole grain crust Chicken vegetable soup Seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk
4) Garlic and oil pizza dunkers Served w/warm marinara sauce Savory mixed vegetables Spicy chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	5) Tyson golden chicken nuggets Healthy brown rice/gravy Fresh garden salads Tender steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	6) Hamburger/cheeseburger Served on wheat roll Seasoned cajun fries Sunny carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	7) Stuffed crust pizza Cheese or pepperoni Garlic green beans Fresh tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	8) K-12 HALF DAY
11) Hot Dog on wheat roll Yummy baked beans Steamed carrot coins Minestrone soup Fresh fruit/light fruit cups Low fat or fat free milk	12) Meatballs and marinara sauce Served with whole wheat pasta Fresh garden salads Seasoned mixed vegetables Fresh fruit/light fruit cup Low fat or fat free milk	13) Taco Salad Day! Lettuce, cheese, tomato, salsa Served on warm corn chips Crunchy confetti corn salad Fresh fruit/light fruit cup Low fat or fat free milk	14) Popcorn chicken bowl Brown rice/gravy Steamed corn Seasoned beets over romaine Fresh fruit/light fruit cup Low fat or fat free milk	15) Cheese/pepperoni pizza Homemade on whole grain crust Seasoned steamed broccoli Chicken vegetable soup Fresh fruit/light fruit cup Low fat or fat free milk
18)	19)	20)	21)	22)
Winter Recess NO SCHOOL				
25) Tyson golden chicken patty Served on whole wheat roll Cowboy oven baked beans Four bean salad Fresh fruit / light fruit cup Low fat or fat free milk	26) Toasted cheese sandwich Campbell's cream of tomato soup Steamed peas Fresh garden salads Fresh fruit/light fruit cup Low fat or fat free milk	27) Hamburger/cheeseburger Served on wheat roll Crispy seasoned oven fries "Pizza green beans" Fresh fruit / light fruit cup Low fat or fat free milk	28) Turkey, cheese, lettuce wrap Garden pasta salad/pickle Sweet pea salad Sunny steamed corn Fresh fruit/light fruit cup Low fat or fat free milk	

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..

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 meet the Whole Grain requirements