





GRADE 6-8

Goff Middle School OCTOBER

MENU October 2019

Easily Pay for School
Meals
At

myschoolbucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
	1) French bread pizza Fresh garden salads Minestrone soup Steamed seasoned carrots Fresh fruit / light fruit cup Low fat or fat free milk	2) Tyson chicken patty parm. Served on warm wheat roll Steamed broccoli Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	3) Breakfast for lunch French toast sticks (3) Savory sausage patty Crispy hash brown Fresh fruit / light fruit cup Low fat or fat free milk	4)  K-12 HALF DAY Professional Development
7) Tyson golden chicken patty Served on wheat roll with lettuce Four bean salad Steamed corn Fresh fruit/light fruit cups Low-fat or fat free milk	8) Baked Ziti casserole Served with warm breadstick Crispy garden salad Steamed mixed veggies Fresh fruit / light fruit cup Low fat or fat free milk	9) School Recess NO School	10) Tyson golden chicken nuggets Steamed brown rice/gravy Garlic and herb green beans Tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	11) Cheese/pepperoni pizza Served on whole grain crust Steamed broccoli with garlic and oil Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
14)  Columbus Day No School	15) Garlic and oil pizza dunkers Served with warm marinara sauce Steamed California mix veggies Delicious chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	16) Hamburger/cheeseburger Served on warm wheat roll Crispy Cajun oven fries Italian green beans/veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	17) Popcorn chicken bowl Served in one bowl Mashed potatoes, corn, gravy Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk	18) Cheese/pepperoni pizza Served on whole grain crust Chicken vegetable soup Seasoned mixed vegetables Fresh fruit/light fruit cups Low fat or fat free milk
21) Golden corn dog Crispy tater tots Healthy chickpea salad Seasoned carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	22) Oven toasted cheese sandwich Campbell's cream of tomato soup Fresh garden salads Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	23) Taco Salad Day! Lettuce, tomato, cheese, salsa Served on warm corn chips Black bean and corn salad Fresh fruit / light fruit cup Low fat or fat free milk	24) BBQ chicken filet Served on wheat roll Garden pasta salad Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	25) Crispy fish filet with tarter Land O Lakes mac n cheese Creamy coleslaw/garden peas Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
28) Hot dog on wheat roll Cowboy baked beans Steamed corn Cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	29) Crispy pizza crunchers Served with warm marinara sauce Fresh garden salads Fresh veggie bags Fresh fruit / light fruit cup Low-fat or fat free milk	30) Hamburger/cheeseburger Served on warm wheat roll Crispy Cajun oven fries Steamed broccoli/veggie cups Fresh fruit / light fruit cup Low-fat or fat free milk	31) Tyson golden chicken nuggets Steamed brown rice/gravy Seasoned carrots Delicious veggie cups Fresh fruit / light fruit cup Low-fat or fat free milk	

Breakfast price \$1.75 daily

Lunch price \$3.25 daily

Reduced price meals: Lunch \$.0 daily - Breakfast \$.0 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

See complete menu on the Food Service website



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



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

Menu subject to change