



Goff Middle School



Easily Pay for School Meals
At
myschoolbucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
 HAPPY THANKSGIVING!				1) Cheese/pepperoni pizza Served on whole grain crust Steamed green beans Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk
4) Meatball sub Served with sauce and cheese Fresh garden salads Steamed carrots/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	5) K-12 Professional Development No School	6) Hamburger/cheeseburger Served on warm wheat roll Crispy oven fries Delicious chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	7) Baked chicken dinner Creamy mashed potatoes/gravy Warm breadstick Steamed corn/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	8) French bread pizza Served on whole grain crust Chicken vegetable soup Steamed mixed veggies Fresh fruit / light fruit cup Low fat or fat free milk
11) VETERANS DAY OBSERVANCE NO SCHOOL	12) Buffalo popcorn chicken Over mac & cheese Four bean salad Veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	13) Pizza crunchers with sauce Tomato mozzarella salad Steamed broccoli with garlic Crunchy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	14) Tyson golden chicken nuggets Healthy herb rice / gravy Seasoned green beans Veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	15) Cheese/pepperoni pizza Served on whole grain crust Tossed garden salad Steamed corn Fresh fruit / light fruit cup Low fat or fat free milk
18) Tyson Chicken Patty Served on warm wheat roll Black bean and corn salad Steamed carrots/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	19) Garlic and oil pizza dunkers Served with warm sauce Fresh garden salad Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	20) Taco salad day Lettuce,cheese,tomato and salsa Served on warm corn chips Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	21) Turkey, lettuce, cheese wrap Garden pasta salad Steamed broccoli Ruffles potato chips/pickles Fresh fruit / light fruit cup Low fat or fat free milk	22) Crispy fish filet with tartar Served on wheat roll Seasoned French fries Creamy coleslaw/sweet peas Fresh fruit / light fruit cup Low fat or fat free milk
25) Hot dog on wheat roll Savory baked beans Seasoned carrot coins Crispy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	26) Stuffed crust pizza Served on whole grain crust Fresh garden salads Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	27) *****THANKSGIVING RECESS ***** 		29) NO SCHOOL*****

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

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

Including vegetable, fruit & milk

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Menu subject to change