## Goff Middle School

**MENU DECEMBER 2019** 

Easily Pay for School Meals

At

myschoolbucks.com



	Monday	Tuesday	Wednesday	Thursday	Friday
2)	Tyson chicken patty parm.	3) Garlic pizza dunkers	4) Hamburger/Cheeseburger	5) Blissful chicken nuggets	6) Homemade Pizza
	Colorful four bean salad	Served with warm marinara sauce	Served on a warm wheat bun	Yummy brown rice	Cheese or pepperoni
	Seasoned carrot coins	Seasoned California mix vegetables	Crispy sweet fries	Served with steaming gravy	Chicken vegetable soup
	Good for you veggie cup	Good for you veggie cup	Good for you veggie cup	Sweet tender peas	Steamed broccoli <b>trees</b>
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
9)	Yummy corn dog	10) Crispy pizza crunchers	11) Santa's favorite sloppy joes	12)Scrumptious breakfast for lunch	13) Festive fish filet
	Cowboy baked beans	Filled with sauce and cheese	Served on a warm wheat bun	French toast sticks, sausage patty	Side of <b>Jolly</b> mac & cheese
	Steamed broccoli trees	Little Elves garden salad	Seasoned oven fries	Golden sweet potato fries	Naughty coleslaw
	Fresh veggie cups	Sunny carrot coins	Golden sweet corn	Fresh veggie cups	Steamed green beans
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
16	Popcorn chicken nest	17) Rudolph's Taco Tuesday!	18) Prancer's chick-a-waff sandwich	19) BBQ grilled chicken breast	20) Frosty's French bread pizza
	Mashed potato, corn, and gravy	Lettuce, tomato, cheese, salsa	Chicken patty on waffles	Zesty pasta salad	Garland garden salad
	Served in one bowl	Served on warm tortilla chips	Served with a side of honey mustard	Chips & pickles	North pole vegetable soup
	Good for you veggie cup	Cheesy refried beans	Steamy minestrone soup	Mistletoe green beans	Mrs. Claus rice krispie treat
	Fresh fruit/light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fruit choice/Steamed carrots	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
23		24)	[25]	[26]	27)
		NO SCHOOL	WINTER RECESS	NO SCHOOL	





Breakfast price \$1.75 daily Lunch price \$3.25 daily

Reduced price meals:

Lunch \$.0 daily - Breakfast \$.0 daily

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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## 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

> A la carte milk \$.60 A la carte fruit or veggies \$.80

## DAILY ENTREE ALTERNATIVE LUNCH

Fresh salad with choice of topping, roll & dressing

Monday-----Tuna salad sandwich Tuesday-----Turkey w/lettuce sandwich Wednesday-----Bologna & cheese sandwich Thursday----- PB&J uncrustable Friday----- Ham & cheese sandwich

