



GRADE 6 - 8



Goff Middle School

FEBRUARY








MENU February 2020

Easily Pay for School Meals

At

myschoolbucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
3) Meatballs and sauce Served with penne pasta Warm garlic bread stick Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk	4) Stuffed crust pizza Served on whole grain crust Black bean salad/nacho chips Steamed carrots/tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	5) Hamburger/cheeseburger Served on warm wheat roll Crispy oven fries Golden sweet corn Fresh fruit / light fruit cup Low fat or fat free milk	6) Sticks and stones Chicken nuggets w/biscuit stick Served together in boat Healthy steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	7) K-12 HALF DAY
10) Tyson chicken patty Served on wheat roll with lettuce Warming minestrone soup Delicious chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	11) Meatloaf with gravy Served with mashed potatoes Warm biscuit Peas & carrots/Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	12) Taco Salad Day Lettuce, cheese, tomato, salsa Served on warm corn chips Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	13) Breakfast for lunch French toast sticks, sausage patty Golden hash brown patty Crunchy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	14) Cupid's cheese pizza Served on whole grain crust Chicken vegetable soup Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk
17) 	18) 	19) 	20) 	21) 
Winter Recess NO SCHOOL				
24) Tyson golden chicken nuggets Served with brown rice/gravy Steamed green beans Fresh veggie cups Fresh fruit/light fruit cups Low fat or fat free milk	25) French bread pizza Served on whole grain crust Chicken noodle soup Steamed broccoli/veggie cups Served on whole grain crust Low fat or fat free milk	26) Vegetable chili boat Chili, rice, cheese in one dish Served with nacho chips Steamed seasoned corn Fresh fruit/light fruit cup Low fat or fat free milk	27) BBQ pulled pork on a roll Cowboy baked beans Sweet glazed carrots Crispy veggie cups Fresh fruit/light fruit cup Low fat or fat free milk	28) Crispy filet of fish Served with side of mac/cheese Creamy coleslaw/sweet peas Fresh veggie cups 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



Menu subject to change

Breakfast price **\$1.75** daily

Lunch price **\$3.25** daily

Reduced price meals: Lunch \$0.0 daily - Breakfast \$0.0 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



All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

