

GRADE 6 - 8




Goff Middle School


MARCH



MENU March 2020
Easily Pay for School Meals
 At
myschoolbucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
2) Hot dog on warm roll Served with chili sauce Savory baked beans Crispy beet and romaine salads Fresh fruit/light fruit cup Low-fat or fat free milk	3) Toasted cheese/bacon sandwich Cream of tomato soup Fresh veggie cups Steamed green beans Fresh fruit/light fruit cup Low-fat or fat free milk	4) Meatball and sauce Served with penne and cheese Sweet glazed carrots Fresh veggie cups Fresh fruit/light fruit cup Low-fat or fat free milk	5) Tyson golden chicken nuggets Garden pasta salad Steamed mixed veggies Fresh veggie cups Fresh fruit/light fruit cup Low-fat or fat free milk	6) Cheese or pepperoni pizza Served on whole grain crust Chicken noodle soup Steamed broccoli Fresh fruit/light fruit cup Low-fat or fat free milk
9) Tyson chicken patty on roll Savory four bean salad Warm cinnamon applesauce Crunchy fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	10) Meatloaf dinner plate Mashed potatoes/gravy Steamed corn Warm biscuit Fresh fruit / light fruit cup Low fat or fat free milk	11) Pizza crunchers with sauce Fresh garden salads Cream of broccoli soup Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	12) Breakfast for lunch French toast sticks Savory sausage patty Crunchy hash brown/veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	13) Cheese or pepperoni pizza Served on whole grain crust Steamy minestrone soup Green bean salad Fresh fruit / light fruit cup Low fat or fat free milk
16) Hamburger/cheeseburger Served on warm wheat roll Crunchy oven fries Black bean and corn salsa Fresh fruit / light fruit cup Low fat or fat free milk	17) Tyson chicken nuggets Herb rice and gravy Steamed broccoli Fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	18) Taco salad day!!! Lettuce, cheese, tomato, salsa Served on warm corn chips Creamy corn salad Fresh fruit / light fruit cup Low fat or fat free milk	19) BBQ mini ribs in a basket Served with mac and cheese Romaine salads/garlic bread stick Crunchy veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	K-12 NO SCHOOL  Professional Development
23) Golden corn dog on stick Sweet potato fries Mediterranean chickpea salad Steamed carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	24) Soft chicken taco Cheese, peppers, onions on wrap Spanish rice Steamed sweet corn Fresh fruit / light fruit cup Low fat or fat free milk	25) Cowboy burger on roll Topped with BBQ and onion rings Crunchy tater tots Tomato mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	26) Garlic and oil pizza dunkers Served with warm marinara sauce Fresh garden salads Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	
30) Tyson chicken patty parm Served on warm wheat roll Oven baked beans Delicious corn salad Fresh fruit/light fruit cup Low fat or fat free milk	31) French bread pizza Served on whole grain crust Crunchy garden salads Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	<u>Breakfast Kiosk</u> 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		27) Crunchy fish filet on roll Served with tartar sauce Creamy coleslaw/sweet peas Cajun seasoned French fries 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


 All meals meet the Whole Grain requirements

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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

Menu subject to change