



Howard L. Goff Middle School Lunch Menu

MY SCHOOLBUCKS.COM
Grade 6-8

September 2020

| MONDAY/ A STUDENTS | TUESDAY/ B STUDENTS | WEDNESDAY/VIRTUAL | THURSDAY/ A STUDENTS | FRIDAY/ B STUDENTS |
|--|---|--|--|--|
| | 1) Superintendent's Conference Day (No students) | 2) K-12 Professional Development (No students) | 3) K-12 Professional Development (No students) | 4) No School |
| 7) Labor Day No School | 8) K-12 Professional Development (No students) | 9) K-12 Professional Development (No students) | 10) K-12 Professional Development (No students) | 11) K-12 Professional Development (No students) |
| 14) PB&J Uncrustable 1 oz. cheese stick Fiesta corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 15) Chicken Patty Whole grain bun Four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 16) Bologna/Cheese Sandwich Whole grain Sun Chips Mixed veggie cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 17) Chicken Nuggets (5) Crispy whole grain Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 18) Stuffed Crust Pizza Garden salad Served with ranch dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk |
| 21) Chicken Patty Whole grain bun Baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 22) PB&J Uncrustable 1 oz. cheese stick Mixed veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 23) Turkey/Cheese Sandwich Whole grain Sun chips Mixed veggie cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 24) Stuffed Crust Pizza Garden salad Served with ranch dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 25) Chicken Nuggets (5) Crispy whole grain Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk |
| 28) No School | 29) Pizza Crunchers Crispy crust w/sauce & cheese Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 30) Tuna Salad Sandwich Whole grain Sun Chips Mixed veggie cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><u>Breakfast Kiosk</u></p> <p style="text-align: center;">Cereal bars, 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 meet Child Nutrition guidelines See complete menu on the Food Service website www.egcsd.org/food-services</p> </div> | |

Breakfast and Lunch Prices

Breakfast Price - \$1.75 daily
Lunch Price - \$3.25 daily

Reduced Price Breakfast - Free
Reduced Price Lunch - Free

Menu Subject to Change
A la carte milk \$.60 A la carte fruit or veggies \$.80

Snack Prices

Assorted Yogurt - \$1.25
Chips - \$1.00
Cookie - \$.60
Ice Cream - \$1.00
Juice Cup - \$.60
Bottled Water - \$1.00

Daily Alternative Lunch

In School Only
Fresh salad with choice of topping, breadstick and dressing
OR
Tuna Salad Sandwich
Turkey & Cheese Sandwich
Bologna & Cheese Sandwich
PB&J Uncrustable
Ham & Cheese Sandwich
Including vegetable, fruit & milk



All meals meet the Whole Grain requirements

This institution is an equal opportunity provider and employer