



Howard L. Goff Middle School Lunch Menu

November

Grades 6-8
MySchoolBucks.com

MONDAY A STUDENTS

TUESDAY B STUDENTS

WEDNESDAY VIRTUAL

THURSDAY A STUDENTS

FRIDAY B STUDENTS

2) Chicken patty parm. Served on wheat roll Steamed green beans Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) <p style="text-align: center;">K-12 HALF DAY OF SCHOOL No lunches served</p>	4) Remote Learning PB & Jelly sandwich Whole grain sun chips Delicious chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) Crispy fish filet Served on wheat roll Creamy coleslaw Seasoned oven fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	6) Cheese or pepperoni pizza Served on whole grain crust Fresh garden salad Fresh veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
9) Cheeseburger Served on a whole grain bun Crispy oven fries Tomato mozzarella salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Chicken patty parm. Served on wheat roll Steamed green beans Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) <p style="text-align: center;">NO SCHOOL VETERANS DAY</p>	12) Pizza crunchers Crispy crust w/sauce & cheese Fresh garden salad Veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	13) Taco salad Lettuce, cheese, chips, salsa Corn chips Black bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
16) Garlic and oil pizza dunkers Served with marinara sauce Chickpea salad Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) Sticks and stones Chicken nuggets Biscuit sticks Steamed corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	18) Remote Learning Turkey & cheese sandwich Whole grain sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) Taco salad Lettuce, cheese, chips, salsa Corn chips Black bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	20) Pizza crunchers Crispy crust w/sauce & cheese Fresh garden salad Veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
23) Sticks and stones Chicken nuggets Biscuit stick Steamed corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) Garlic and oil pizza dunkers Served with marinara sauce Chickpea salad Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) <p style="text-align: center;">THANKSGIVING RECESS NO SCHOOL</p>	26) <p style="text-align: center;">THANKSGIVING RECESS NO SCHOOL</p>	27) <p style="text-align: center;">THANKSGIVING RECESS NO SCHOOL</p>

30) Hot dog on warm roll
 Oven baked beans
 Sweet potato fries/veggie bag
 Fresh Fruit/Light Fruit Cup
 Low Fat or Fat Free Milk

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

IN SCHOOL ONLY
VARIETY OF SANDWICHES
 M-Tuna sandwich
 T-Turkey & cheese sandwich
 W-Bologna & cheese sandwich
 TH-Ham & cheese sandwich
 F-PBJ sandwich
 Fresh salad with choice of topping,
 breadstick and dsq.

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 meet Child Nutrition guidelines
 See complete menu on the Food Service website
www.egcsd.org/food-services

Breakfast and Lunch Prices
 At this time meals are free
 Sponsored by the USDA
 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