



Howard L. Goff Middle School Lunch Menu

DECEMBER



GRADES 6-8

Monday

A STUDENTS



Tuesday

B STUDENTS

Wednesday

REMOTE LEARNING

Thursday

A STUDENTS

Friday

B STUDENTS

	1) Cheeseburger/hamburger Served on warm roll Crispy french fries Fresh veggie bag Low Fat or Fat Free Milk	2) Turkey & cheese sandwich Whole grain sun chips Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) Garlic and oil pizza dunkers Served with warm marinara Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) Oven baked fish filet LOL mac and cheese Coleslaw/steamed peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
7) Golden chicken nuggets Soft pretzel Tomato soup/veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) Meatball sub on wheat roll Served with sauce/cheese Garden salad/veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) Bologna & cheese sandwich Whole grain sun chips Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Breakfast for lunch French toast sticks Sausage patty/hash brown Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) Cheese or pepperoni pizza Served on whole grain crust Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
14) Meatball sub on wheat roll Served with sauce/cheese Garden salad/veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) Golden chicken nuggets Soft pretzel Tomato soup/veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	16) Ham & cheese sandwich Whole grain sun chips Veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) Cheese or pepperoni pizza Served on whole grain crust Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	18) Breakfast for lunch French toast sticks Sausage patty/hash brown Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
21) Oven baked fish filet LOL mac and cheese Coleslaw/steamed peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	22) Garlic and oil pizza dunkers Served with warm marinara Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) PB&J sandwich Whole grain sun chips Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) Winter recess	25) Winter recess
28) Winter recess	29) Winter recess	30) Winter recess	31) Winter recess	

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

All meals meet the Whole Grain requirements
This institution is an equal opportunity provider

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

Fresh salad with choice of
 topping, breadstick and dressing
 OR
 Mon -Tuna Salad Sandwich
 Tue - Turkey with Lettuce Sandwich
 Wed - Bologna & Cheese Sandwich
 Thurs - PB&J Uncrustable
 F-Ham & Cheese Sandwich
 Including vegetable, fruit & milk

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

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