





# Howard L. Goff Middle School Lunch Menu

## January 2021

Grades 6-8  
[MySchoolBucks.com](http://MySchoolBucks.com)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>A STUDENTS</b> 	<b>B STUDENTS</b>	<b>REMOTE LEARNING</b> 	<b>A STUDENTS</b>	<b>1) B STUDENTS</b> <i>Happy New Year</i> No School
<b>4) Garlic and oil pizza dunkers</b> Served with warm sauce Steamed green beans Chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>5) Golden chicken nuggets</b> Steamed brown rice/gravy Carrot coins Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>6) Remote learning</b> Bologna /cheese sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>7) Meat sauce over rotini</b> Warm garlic breadstick Fresh garden salad Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>8) Cheese/Pepperoni Pizza</b> Served on whole grain crust Tomato mozzarella salad Steamed mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>11) Golden chicken nuggets</b> Steamed brown rice/gravy Carrot coins Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>12) Garlic and oil pizza dunkers</b> Served with warm sauce Steamed green beans Chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>13) Remote learning</b> Ham and cheese sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>14) Cheese/Pepperoni Pizza</b> Served on whole grain crust Tomato mozzarella salad Steamed mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>15) Meat sauce over rotini</b> Warm garlic breadstick Fresh garden salad Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>18)</b>  <b>No School</b> <b>Martin Luther King Jr. Day</b>	<b>19) Corn dog on stick</b> Oven baked beans Steamed corn Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>20) Remote learning</b> PBJ sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>21) Golden chicken patty</b> Served on warm wheat roll Garden pasta salad Crunchy garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>22) Taco Salad Day</b> Lettuce, cheese, salsa Warm corn chips Confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>25) Corn dog on a stick</b> Oven baked beans Steamed corn Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>26) Hamburger/cheeseburger</b> Served on warm roll Crispy french fries Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>27) Remote learning</b> Turkey and cheese sandwich Whole grain Sun chips Fresh veggie cup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>28) Taco Salad Day</b> Lettuce, cheese, salsa Warm corn chips Confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>29) Golden chicken patty</b> Served on warm wheat roll Garden pasta salad Crunchy garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk

### Breakfast and Lunch Prices

Sponsored by the USDA  
 Breakfast Price - 1.75 daily  
 Lunch Price - 3.25  
 Reduced price breakfast - free  
 Reduced price lunch - free  
 Menu subject to change

### 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  
 M - Tuna salad sandwich  
 T - Turkey/lettuce sandwich  
 W - Bologna/cheese sandwich  
 Th - PBJ uncrustable  
 Friday - Ham/cheese sandwich  
 includes vegetable, fruit and 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](http://www.egcsd.org/food-services)