



# Howard L. Goff Middle School Lunch Menu

## February 2021

Grades 6-8  
MySchoolBucks.com

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

A STUDENTS		B STUDENTS		REMOTE LEARNING		A STUDENTS		B STUDENTS	
1) <b>Toasted cheese sandwich</b> Cream of tomato soup Oven baked beans Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	2) <b>Pulled pork on wheat roll</b> Oven baked french fries Coleslaw Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) <b>Remote learning</b> Bologna/cheese sandwich Whole grain Sun Chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) <b>Cheese/pepperoni pizza</b> Served on whole grain crust Fresh garden salads Crunchy veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) <b>Popcorn chicken</b> LOL mac and cheese Steamed broccoli Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) <b>Pulled pork on wheat roll</b> Oven baked french fries Coleslaw Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) <b>Toasted cheese sandwich</b> Cream of tomato soup Oven baked beans Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) <b>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	11) <b>Popcorn chicken</b> LOL mac and cheese Steamed broccoli Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	12) <b>Cheese/pepperoni pizza</b> Served on whole grain crust Fresh garden salads Crunchy veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>15) No School Winter Recess</b>		<b>16) No School Winter Recess</b>		<b>17) No School Winter Recess</b>		<b>18) No School Winter Recess</b>		<b>19) No School Winter Recess</b>	
22) <b>French bread pizza</b> Served on whole grain crust Black bean salad Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) <b>Oven baked chicken</b> Mashed potatoes Garlic bread stick Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) <b>Remote learning</b> Turkey and cheese sandwich Whole grain Sun Chips Fresh vegetable bag Fresh Fruit / Light Fruit Cup Low Fat or Fat Free Milk	25) <b>Oven baked chicken</b> Mashed potatoes/gravy Garlic bread stick Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	26) <b>French bread pizza</b> Served on whole grain crust Black bean salad Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk					

#### 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 breakfast price - 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

#### Daily Alternative Lunch

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  
Fri - 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](http://www.egcsd.org/food-services)

*This institution is an equal opportunity provider and employer*

All meals meet the Whole Grain requirements