



# Howard L. Goff Middle School Lunch Menu

## March 2021



Grades 6-8  
myschoolbucks.com

### Monday A Students

### Tuesday B Students

### Wednesday Remote Learning

### Thursday A Students

### Friday B Students

1) <b>Meatloaf with gravy</b> Crispy tater tots Steamed corn/bread stick Fresh veggie cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	2) <b>BBQ chicken filet sandwich</b> Served on wheat roll Cream of tomato soup Fresh vegetable cup/broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) <b>Bologna &amp; cheese sandwich And Sun chips OR Pizza &amp; green beans</b> Fresh vegetable bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) <b>Taco Salad Day</b> Lettuce, cheese, salsa Served on corn chips Refried beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) <b>Cheese/pepperoni pizza</b> Served on whole grain crust Fresh garden salads Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
8) <b>BBQ chicken filet sandwich</b> Served on wheat roll Cream of tomato soup Fresh vegetable cup/broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) <b>Meatloaf with gravy</b> Crispy tater tots Steamed corn/bread stick Fresh vegetable cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) <b>Ham &amp; cheese sandwich And Sun chips OR Pizza and carrot coins</b> Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) <b>Cheese/pepperoni pizza</b> Served on whole grain crust Fresh garden salads Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	12) <b>Taco Salad Day</b> Lettuce, cheese, salsa Served on corn chips Refried beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
15) <b>Hamburger/cheeseburger</b> Served on warm roll Seasoned french fries Carrots/veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	16) <b>Popcorn chicken</b> Soft pretzel Fresh salads Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) <b>Tuna salad sandwich And Sun chips OR Pizza and mixed veggies</b> Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	18) <b>French bread pizza</b> Served on whole grain crust Fresh vegetable bags Chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) <b>K-12 Half Day Professional Development Breakfast will be served</b>
22) <b>Popcorn chicken</b> Soft pretzel Fresh salads Veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) <b>Hamburger/cheeseburger</b> Served on warm roll Seasoned french fries Carrots/veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) <b>Turkey and cheese sandwich And Sun chips OR Pizza and California mixed</b> Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) <b>Oven baked chicken</b> Warm biscuit/gravy Steamed broccoli Fresh vegetable bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	26) <b>French bread pizza</b> Served on whole grain crust Fresh vegetable bag Chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
29) <b>Hamburger/cheeseburger</b> Served on warm roll Seasoned french fries Carrots/veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	30) <b>Popcorn chicken</b> Soft pretzel Fresh garden salads Veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	31) <b>PBJ sandwich/cheese stick And Sun chips OR Pizza and green beans</b> 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 - 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

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

*This institution is an equal opportunity provider and employer*

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

All meals meet the Whole Grain requirements