



Howard L. Goff Middle School Lunch Menu



Grades 6-8
MySchoolBucks.com

April 2021

This institution is an equal opportunity provider and employer

Grade 6-8

www.egcsd.org/food-services

MySchoolBucks.com

Monday
A Students



Tuesday
B Students



Wednesday
Remote Learning

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

Thursday
A Students

Friday
B Students

Menu Subject to Change

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|---|--|---|--|---|--|---|--|--|--|
| <p>5) No School Spring Recess No Meals Served</p> | | <p>6) No School Spring Recess No Meals Served</p> | | <p>7) No School Spring Recess No Meals Served</p> | | <p>1) K-12 Remote Learning Day No Meals Served</p> | | <p>2) No School Spring Recess No Meals Served</p> | |
| <p>12) K-12 Remote Learning Day No Meals Served</p> | | <p>13) Golden mozzarella sticks Served with warm marinara Sunny sweet corn Spanish rice Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>14) REMOTE LEARNING Turkey and cheese sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>8) No School Spring Recess No Meals Served</p> | | <p>9) No School Spring Recess No Meals Served</p> | |
| <p>A 19) Chicken Patty parmesan Served on a warm bun Italian green beans Tomato mozzarella salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>20) Golden chicken nuggets Warm soft pretzel Oven baked beans Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>21) REMOTE LEARNING Bologna and cheese sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>22) Turkey, cheese, lettuce wrap Garden pasta salad Dill pickle and Ruffles potato chips Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>23) Cheese/pepperoni pizza Served on whole grain crust Fresh garden salad Crunchy veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | |
| <p>B 26) Golden toasted cheese sandwich Creamy tomato soup Sunny sweet corn Pickles / veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>27) Chicken Patty parmesan Served on a warm bun Italian green beans Tomato mozzarella salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>28) REMOTE LEARNING Ham and cheese sandwich Whole grain Sun chips Fresh vegetable bag Fresh Fruit / Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>29) Cheese/pepperoni pizza Served on whole grain crust Fresh garden salad Crunchy veggie bags Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | | <p>30) Turkey, cheese, lettuce wrap Garden pasta salad Dill pickle and Ruffles chips Fresh veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk</p> | |

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

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Snack Prices

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



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

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