



Howard L. Goff Middle School Lunch Menu

May 2021



Grades 6-8
MySchoolBucks.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3) Hot Dog Served on a wheat roll Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	4) Pizza Crunchers Cheese & sauce inside Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	5) Hamburger/Cheeseburger Served on a wheat roll French fries Vegetable of the day Low Fat or Fat Free Milk	6) Chicken Nuggets (5) Rice/Gravy Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	7) Cheese/Pepperoni Pizza On whole wheat crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk
10) Popcorn Chicken Macaroni and Cheese Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	11) Mozzarella Sticks (5) Served with marinara sauce Bush's baked beans Fruit of the day Low Fat or Fat Free Milk	12) Pulled Pork Served on a wheat roll Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	13) Chicken Nuggets (5) Pasta Salad Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	14) Cheese/Pepperoni Pizza on whole wheat crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk
17) Golden Corn Dog Baked Beans Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	18) Chicken Patty Served on a warm roll Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	19) Rotini w/ Meat Sauce Bread stick Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	20) Chicken Nuggets (5) Pretzel Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	21) Cheese/Pepperoni Pizza on whole wheat crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk
24) Pizza Dunkers Served with dipping sauce Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	25) Hamburger/Cheeseburger French Fries Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	26) Stuffed Crust Pizza Served on whole grain crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk	27) Chicken Nuggets (5) Rice and Gravy Vegetable of the day Fruit of the day Low Fat or Fat Free milk	28) Remote Learning Day

31)

No School
Memorial Day



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

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

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

This institution is an equal opportunity provider and employer

All meals meet the Whole Grain requirements