



Howard L. Goff Middle School Lunch Menu

MY SCHOOLBUCKS.
COM Grade 6-8

October 2021

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

<div> </div>					1) K-12 Half Day Breakfast Only
4) Garlic and oil pizza dunkers Marinara sauce Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) Hot Dog on wheat roll Baked beans Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	6) Baked ziti casserole Warm garlic bread stick Fresh veggie bags/ranch Fresh Fruit/Light Fruit Cups Low fat or Fat Free milk	7) Chicka waff sandwich Served with honey mustard Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) French bread pizza Fresh garden salad Served with dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
11) Columbus Day No School 	12) Pizza crunchers Served with warm sauce Chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	13) Bacon cheeseburger/roll Seasoned fries Baby carrots/ranch Fresh Fruit/Light Fruit Cup Low fat or Fat Free milk	14) Crispy chicken nuggets (5) Brown rice with gravy Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) Personal pan pizza Cheese or pepperoni Garden salad & dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
18) Mozzarella sticks (5) Marinara sauce Quinoa tex mex salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) Cheeseburger on wheat roll French fries Baby carrots with ranch Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	20) Taco salad on tortilla chips Lettuce, cheese, salsa Refried beans with cheddar Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	21) Crispy chicken sandwich Served on warm wheat roll Steamed mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	22) Homemade Pizza Cheese or pepperoni Garden salad & dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
25) Crispy corn dog on stick Oven baked beans Steamed carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	26) Popcorn chicken Soft pretzel Steamed corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	27) Breakfast for Lunch French toast sticks (4) Sausage patty/seasoned fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	28) Stuffed crust pizza Fresh garden salads Garden salad & dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	29) Crunchy fish filet Ghostly wheat roll Spooky coleslaw 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 Price Breakfast - Free

Reduced Price Lunch - Free

Menu Subject to Change

This institution is an equal opportunity provider and employer

Snack Prices

Assorted Yogurt - \$1.25

Chips - \$1.00

Cookie - \$.60

Ice Cream - \$1.00

Juice Cup - \$.60

Bottled Water - \$1.00

Variety of sandwiches

M-Tuna sandwich

T-Turkey & cheese sandwich

W.-Bologna & cheese sandwich

Th-PBJ sandwich

Fri-Ham & cheese sandwich

Fresh salad with choice of

topping, bread stick and dressing



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

All meals meet the Whole Grain requirements

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