



Howard L. Goff Middle School Lunch Menu

September 2021

MY SCHOOLBUCKS.
COM Grade 6-8

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1) Superintendent's Conference Day No Students	2) K-12 Professional Development No Students	3) No School
6) Labor Day No School 	7) Superintendent's Conference Day No Students	8) K-12 Professional Development No Students	9) Chicken Nuggets (5) Herb rice Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Homemade pizza Garden fresh salad Fresh vegetable cups Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
13) Crispy chicken patty Served on a wheat bun Italian green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	14) Garlic pizza dunkers Served with warm marinara California mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) Hamburger/cheeseburger Seasoned French fries Four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	16) No School	17) Stuffed Crust Pizza Garden fresh salad Served with ranch dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
20) Popcorn chicken bowl Creamy mashed potatoes Golden sweet corn I Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	21) Taco salad on tortilla chips Lettuce, tomato, cheese, salsa Corn confetti salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	22) Hot dog Served on a warm roll Bush's baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) Chicken Nuggets (5) Crispy whole grain Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) Personal pan pizza Cheese or pepperoni Garden fresh salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
27) Land O'Lakes mac & cheese Creamy tomato soup Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	28) Pizza Crunchers Crispy crust w/sauce & cheese Fresh garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	29) Breakfast for lunch French toast sticks (4) Sausage patty & tater tots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	30) Toasted cheese sandwich Homemade chicken veg. soup Bush's baked beans 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

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

In School Only
Fresh salad with choice of
topping, breadstick and dressing
OR
Tuna Salad Sandwich
Turkey & Cheese Sandwich
Bologna & Cheese Sandwich
PB&J Uncrustable
Ham & Cheese Sandwich
Including vegetable, fruit & milk

Breakfast Kiosk

Cereal bars, 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

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

All meals meet the Whole Grain requirements

This institution is an equal opportunity provider and employer