



# Howard L. Goff Middle School Lunch Menu

## November 2021



MY SCHOOLBUCKS.COM  
Grade 6-8


### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>1) Chicken Patty Parm</b> Served on warm roll Vegetable chickpea salad Steamed mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>2) Corn Dog on a stick</b> Wrapped in sweet corn bread Crispy oven fries Steamed broccoli Fresh fruit/Light fruit cup Low Fat or Fat Free Milk	<b>3) Meatballs and sauce</b> Served with parmesan cheese oven baked roll Savory vegetable soup Fresh fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>4) Crispy fish sticks</b> Made with pollock Steamed herb rice Cabbage vinaigrette salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>5) Homemade pizza</b> Cheese or pepperoni Fresh garden salad Served with dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>8) BBQ chicken filet</b> Served on warm roll Delicious oven baked beans Steamed carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>9) Taco Tuesday</b> Lettuce, cheese, salsa Served on tortilla chips Confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>10) Toasted cheese sandwich</b> Served on french toast bread Creamy tomato soup Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>11) No School</b> 	<b>12) French bread pizza</b> Cheese or pepperoni Fresh garden salad Served with dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>15) Hot Dog on a roll</b> Served with meat sauce Fresh carrots with ranch Steamed corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>16) Garlic and oil pizza dunkers</b> Served with warm marinara Steamed broccoli Oven baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>17) Cheeseburger/Hamburger</b> Served on warm roll Crispy french fries Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>18) Crispy chicken nuggets</b> Served with BBQ dipping sauce Garden pasta salad California mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>19) Stuffed crust pizza</b> Cheese or pepperoni Fresh garden salad Served with dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>22) Land O'Lakes mac &amp; cheese</b> Served in creamy cheese sauce Oven baked biscuit Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>23) Crispy chicken patty</b> Served on warm wheat roll Cowboy baked beans Seasoned mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>24) THANKSGIVING RECESS NO SCHOOL</b>	<b>25) THANKSGIVING RECESS NO SCHOOL</b>	<b>26) THANKSGIVING RECESS NO SCHOOL</b>
<b>29) Mozzarella sticks</b> Served with warm marinara sauce Baby carrots with ranch dressing Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>30) Popcorn chicken bowl</b> All in one bowl Creamy potatoes, and gravy Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<div style="border: 1px solid black; padding: 5px;"> <p>IN SCHOOL ONLY  <b>VARIETY OF SANDWICHES</b>          M-Tuna sandwich          T-Turkey &amp; cheese sandwich          W-Bologna &amp; cheese sandwich          TH-Ham &amp; cheese sandwich          F-PBJ sandwich          Fresh salad with choice of topping,          breadstick and dsg.</p> </div>		

**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

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)

Menu Subject to Change

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