



Happy New Year

# Howard L. Goff Middle School Lunch Menu January 2022



MY SCHOOLBUCKS.  
COM Grade 6-8

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>3) Cheesy Pizza Crunchers</b> Served with warm sauce Steamed carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>4) Popcorn chicken</b> Pasta with marinara sauce Steamed broccoli Fresh Fruit/Light Fruit cup Low Fat or Fat Free Milk	<b>5) Hamburger/Cheeseburger</b> Served on warm roll French fries / sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>6) Meatball Marinara sauce</b> Soft garlic breadstick Delicious chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>7) Cheese or pepperoni pizza</b> Served on whole grain crust Fresh garden salad w/dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>10) Yummy hot dog on a bun</b> Cowboy baked beans California mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>11) Golden toasted cheese</b> Creamy tomato soup Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>12) Three cheese calzone</b> Served with warm marinara Steamed carrot slices Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>13) Crispy chicken nuggets</b> Herb rice with gravy Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>14) Cheese/Pepperoni Pizza</b> Served on whole grain crust Garden salad w/dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>17) No School Martin Luther King Day</b>	<b>18) French bread pizza</b> Hot and bubbly Seasoned steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>19) Hamburger/Cheeseburger</b> Seasoned French fries California mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>20) Chicken nachos</b> Tender chicken/cheese sauce Corn & black bean salsa Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>21) Garlic baked pizza dunkers</b> Served with warm marinara Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>24) Carnival corn dog on a stick</b> Crispy tater tots Sunny carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>25) Delicious popcorn chicken</b> Soft warm pretzel Marinated four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>26) BBQ rib sandwich</b> Garden tossed salad Sweet potato fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>27) Homemade Pizza</b> Cheese or pepperoni Fresh garden salad w/dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>28) Tasty fish sticks</b> Creamy Mac & cheese House made coleslaw Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk

**31) Crispy chicken sandwich**  
 Served on a warm bun  
 Vegetable soup  
 Carrot sticks  
 Fresh Fruit/Light Fruit Cup  
 Low Fat or Fat Free Milk

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

Fresh salad with choice of  
 topping, breadstick and dressing  
 OR  
 M - Tuna salad sandwich  
 T - Turkey/lettuce sandwich  
 W - Bologna/cheese sandwich  
 Th - PBJ uncrustable  
 Friday - Ham/cheese sandwich  
 includes vegetbale, fruit and 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](http://www.egcsd.org/food-services)

Breakfast and Lunch Prices

Sponsored by the USDA  
 Breakfast Price - 1.75 daily  
 Lunch Price - 3.25  
 Reduced price breakfast - free  
 Reduced price lunch - free  
 Menu subject to change