



# Howard L. Goff Middle School Lunch Menu

MY SCHOOLBUCKS.  
COM Grade 6-8

## February 2022





Monday

Tuesday

Wednesday

Thursday

Friday

	<b>1) Garlic pizza dunkers</b> Warm marinara sauce Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>2) Baked zita with meat sauce</b> Warm dinner roll Garden tossed salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>3) Popcorn chicken</b> Fluffy herb rice & gravy Steamed peas & carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>4) French bread pizza</b> Cheese or pepperoni California mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>7) Tasty hot dog</b> Pickles and potato chips Oven baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>8) Toasted cheese sandwich</b> Cream of tomato soup Italian green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>9) Favorite chicken nuggets</b> Land O'Lakes mac n cheese Colorful mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>10) Meatballs in Marinara</b> Garlic Breadstick Garden Salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>11) Cheese/pepperoni pizza</b> Served on whole grain crust Seasoned sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>14) French bread pizza</b> Served on whole grain crust Black bean and red pepper salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>15) Corn dog on stick</b> Oven baked beans Steamed corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>16) Hamburger or cheeseburger</b> Served on a warm bun Crispy seasoned fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>17) Tasty fish sticks</b> Homemade cole slaw Chicken vegetable soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>18) Loaded stuffed crust pizza</b> Variety of toppings Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>21)</b>	<b>22)</b>	<b>23)</b>	<b>24)</b>	<b>25)</b> 
<b>28) Crispy pizza crunchers</b> Filled with cheese & sauce Seasoned sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<div> <div> <b>Snack Prices</b>  Assorted Yogurt - \$1.25  Chips - \$1.00  Cookie - \$.60  Ice Cream - \$1.00  Juice Cup - \$.60  Bottled Water - \$1.00 </div> <div> <b>Daily Alternative Lunch</b>  Fresh salad with choice of  topping, breadstick and dressing  OR  <b>Mon -Tuna Salad Sandwich</b>  <b>Tue - Turkey with Lettuce Sandwich</b>  <b>Wed - Bologna &amp; Cheese Sandwich</b>  <b>Thurs - PB&amp;J Uncrustable</b>  <b>Fri-Ham &amp; Cheese Sandwich</b>  Including vegetable, fruit &amp; milk </div> <div> <b>Breakfast Kiosk</b>  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 &amp; milk  All meals meet Child Nutrition guidelines  See complete menu on the Food Service website  <a href="http://www.egcsd.org/food-services">www.egcsd.org/food-services</a> </div> </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 breakfast price - free  
Menu Subject to Change



*This institution is an equal opportunity provider and employer*