



# Howard L. Goff Middle School Lunch Menu

MY SCHOOLBUCKS.  
COM Grade 6-8

## March 2022



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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

	<b>1) Yummy hot dog</b> Served on a warm bun Cowboy baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>2) Grilled chicken sandwich</b> Served on wheat roll Cream of tomato soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>3) Philly cheese steak sandwich</b> Peppers, onions, cheese Seasoned French fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>4) Cheese/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>7) Cheesy pull apart Italian bagel</b> Served with warm sauce Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>8) Hamburger/cheeseburger</b> Served on a warm bun French fries/baby carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>9) Baked ziti casserole</b> Warm breadstick Steamed mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>10) Crispy chicken nuggets</b> Herb rice & gravy Sunny carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>11) Golden stuffed crust pizza</b> Cheese or pepperoni Fresh garden salad w/dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
<b>14) Golden pizza crunchers</b> Zesty four bean salad Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>15) Breakfast for lunch</b> Cinn. glazed French toast sticks Sausage patty, hash brown Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>16) BBQ pulled pork sandwich</b> Glazed carrots House made coleslaw Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>17) Popcorn chicken</b> Warm dutch waffle Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>18) Cheese/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>21) Crunchy fish sticks</b> Oven baked beans Seasoned fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>22) Garlic pizza dunkers</b> Served with warm marinara Italian green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>23) Hamburger/cheeseburger</b> Sunny sweet corn Pickles & sun chips Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>24) Cheese/pepperoni pizza</b> Served on whole grain crust Fresh garden salads Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>K-12 Half Day Breakfast Only</b>
<b>28) Yummy hot dog</b> Served on a warm bun Cowboy baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>29) Crispy chicken patty parm.</b> Served with marinara/mozz cheese Seasoned mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>30) Taco salad day!</b> Lettuce, cheese and salsa Corn chips/confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>31) Popcorn chicken</b> Soft pretzel Fresh garden salads 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 - 1.75 daily  
 Lunch price - 3.25  
 Reduced price breakfast - free  
 Reduced price lunch - free  
 Menu Subject to Change

#### 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

**Fresh salad with choice of  
 topping, breadstick and dressing  
 OR  
 Mon -Tuna Salad Sandwich  
 Tue - Turkey with Lettuce Sandwich  
 Wed - Bologna & Cheese Sandwich  
 Thurs - PB&J Uncrustable  
 F-Ham & Cheese Sandwich  
 Including vegetable, fruit & 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)

All meals meet the Whole Grain requirements