



Howard L. Goff Middle School Lunch Menu

May 2022



MY SCHOOLBUCKS.
COM Grade 6-8

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2) Hot Dog Served on a wheat roll BBQ baked beans Fruit of the day Low Fat or Fat Free Milk</p>	<p>3) Pizza Crunchers Cheese & sauce inside Steamed broccoli Fruit of the day Low Fat or Fat Free Milk</p>	<p>4) Hamburger/Cheeseburger Served on a wheat roll French fries Vegetable of the day Low Fat or Fat Free Milk</p>	<p>5) Chicken Nuggets Rice/Gravy Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>6) Cheese/Pepperoni Pizza On whole wheat crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>
<p>9) Crispy chicken sandwich Served on a warm roll Bush's baked beans Fruit of the day Low Fat or Fat Free Milk</p>	<p>10) Mozzarella Sticks (5) Served with marinara sauce Fresh garden salad w/dressing Fruit of the day Low Fat or Fat Free Milk</p>	<p>11) Hamburger/Cheeseburger French Fries Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>12) Crispy popcorn chicken Pasta Salad Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>13) Golden French bread pizza on whole wheat crust Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>
<p>16) Golden Corn Dog Baked Beans Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>17) Fantastic fish sandwich House made coleslaw Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>18) Rotini w/ Meat Sauce Bread stick Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>19) Chicken Nuggets Warm pretzel Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>20) Cheese/Pepperoni Pizza on whole wheat crust Seasoned broccoli Fruit of the day Low Fat or Fat Free Milk</p>
<p>23) Pizza Dunkers Served with dipping sauce Vegetable of the day Fruit of the day Low Fat or Fat Free Milk</p>	<p>24) Hamburger/Cheeseburger Served with pickles & chips BBQ baked beans Fruit of the day Low Fat or Fat Free Milk</p>	<p>25) Tony's Breakfast pizza Turkey sausage and egg Crispy hash brown Fruit of the day Low Fat or Fat Free Milk</p>	<p>26) Crispy popcorn chicken Rice and Gravy Vegetable of the day Fruit of the day Low Fat or Fat Free milk</p>	<p>27) No School</p>
<p>30) No School Memorial Day </p>	<p>31) No School</p>	<p><u>Daily Alternative Lunch</u> 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</p>		

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

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

This institution is an equal opportunity provider and employer

All meals meet the Whole Grain requirements