



# Howard L. Goff Middle School Lunch Menu



**MY SCHOOLBUCKS.  
COM Grade 6-8**

## June 2022



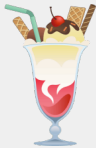

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<b>NO SCHOOL</b>	<b>1) Crunchy fish sticks</b> Served with dipping sauce Coleslaw, glazed carrots Fruit of the day Low Fat or Fat Free Milk	<b>2) Hamburger or cheeseburger</b> Served on a warm bun Seasoned fries, baked beans Fruit of the day Low Fat or Fat Free Milk	<b>3) Cheese/pepperoni pizza</b> Tomato mozzarella salad Sunny sweet corn Fruit of the day Low Fat or Fat Free Milk
<b>6) Popcorn chicken</b> Vegetable herb rice & gravy Sunny sweet corn Fruit of the day Low Fat or Fat Free Milk	<b>7) Toasted cheese sandwich</b> Creamy tomato soup Pickles, chips/sweet peas Fruit of the day Low Fat or Fat Free Milk	<b>8) Taco salad on tortilla chips</b> Lettuce, cheddar, salsa Cheesy refried beans Fruit of the day Low Fat or Fat Free Milk	<b>9) Crispy chicken nuggets</b> Zesty Italian pasta salad Seasoned carrots Fruit of the day Low Fat or Fat Free Milk	<b>10)</b>  <b>K-8 Early Dismissal</b>
<b>13) Cheesy pull apart Italian bagel</b> Served with warm marinara Seasoned steamed broccoli Fruit of the day Low Fat or Fat Free Milk	<b>14) Hot dog with meat sauce</b> Dill pickles and chips BBQ baked beans Fruit of the day Low Fat or Fat Free Milk	<b>15) Hamburger or cheeseburger</b> Served on a warm bun Taco seasoned fries Fruit of the day Low Fat or Fat Free Milk	<b>16) Cheesy stuffed crust pizza</b> Served with a variety of toppings California mixed vegetables Fruit of the day Low Fat or Fat Free Milk	<b>17)</b>  <b>K-8 Early Dismissal</b>
<b>20)</b>  <b>NO SCHOOL</b>	<b>21)</b>  <b>COOK'S CHOICE</b>	<b>22)</b>  <b>COOK'S CHOICE</b>	<b>23)</b>  <b>COOK'S CHOICE</b>	<b>24)</b>  <b>K-8 Early Dismissal</b>
<b>27)</b> 	<b>28)</b> 	<b>29)</b> 	<b>30)</b> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><u>Breakfast Kiosk</u></p> <p>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></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

**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  
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A la carte milk \$.60 A la carte fruit or veggies \$.80  
 All meals meet the Whole Grain requirements  
*This institution is an equal opportunity provider and employer*