



Grades 6-8: \$3.20, Milk: \$.60

SEPTEMBER 2022

Howard L. Goff Middle School

Daily Alternates:

Fresh Salad with Choice of Topping, Breadstick & Dressing

Assorted Sandwiches Daily

Served with Daily Vegetable, Fruit, & Milk

Monday

Tuesday

Wednesday

Thursday

Friday

**Labor Day
No School**

5

Pizza Crunchers

Crispy Crust with Sauce & Cheese

Italian Seasoned Green Beans
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

6

Hamburger/Cheeseburger

on a Whole Grain Bun
Seasoned French Fries
Four Bean Salad
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

7

Chicken Nuggets

Herbed Rice
Sweet Carrot Coins
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

8

Homemade Pizza

Variety of Toppings
Garden Salad
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

9

Crispy Chicken Sandwich

on a Whole Grain Bun
Oven Baked Beans
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

12

Marinated Meatballs

Pasta with Garlic & Oil
Italian Seasoned Green Beans
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

13

Toasted Cheese Sandwich

Creamy Tomato Soup
Golden Corn
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

14

Popcorn Chicken

Dutch Waffle with Gravy
Sweet Carrot Coins
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

15

Stuffed Crust Pizza

Whole Grain Crust
Garden Salad
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

16

Crispy Fish Sticks

Whole Grain Dinner Roll
Homemade Coleslaw
Assorted Fresh Vegetables
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

19

Hot Dog

on a Whole Grain Bun
Oven Baked Beans
Pickles & Chips
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

20

Taco Salad

Served on Tortilla Chips
Lettuce, Cheese, & Salsa
Confetti Corn Salad
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

21

Chicken Nuggets

Herbed Rice
Sweet Carrot Coins
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

22

Personal Pan Pizza

Cheese or Pepperoni
Garden Fresh Salad
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

23

**K-12 1/2 Day
No Lunch Served**

26

Garlic Pizza Dunkers

Crispy Crust with Sauce & Cheese
Italian Seasoned Green Beans
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

27

French Toast Sticks

Turkey Sausage Patty
Potato Puffs
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

28

Crispy Chicken Sandwich

On a Whole Grain Bun
BBQ Baked Beans
Sweet Carrot Coins
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

29

French Bread Pizza

Cheese or Pepperoni
Steamed Broccoli Florets
Fresh Fruit /Fruit Cup
Low Fat or Fat Free Milk

30

This institution is an equal opportunity provider and employer.
Menu is subject to change without notice.

