



Grades 6-8: \$3.25, Milk: \$.60

# MARCH 2023

## Goff Middle School

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Hot Dog on a Whole Wheat Bun  
BBQ Baked Beans  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Mozzarella Sticks with Marinara Sauce  
Pasta with Garlic & Oil  
Cucumber Wheels  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Taco Salad with Tortilla Chips  
Lettuce, Cheese & Salsa  
Golden Corn  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Popcorn Chicken  
Whole Grain Soft Pretzel  
Seasoned Carrot Coins  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Personal Pan Pizza  
Garden Salad  
Baby Carrots  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Pizza Dunker Sticks  
Marinara Sauce  
Italian Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

French Toast Sticks  
Warm Cinnamon Applesauce  
Maple Glazed Carrots  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Macaroni & Cheese  
Garlic Breadstick  
Roasted Broccoli  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Chicken Patty on a Whole Wheat Bun  
Smiley Fries  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

**K-12 Professional Development Day  
No School**

Crispy Fish Sticks with Tartar Sauce  
Roasted Potato Wedges  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Meatballs & Marinara  
Cheesy Breadstick  
Garden Salad  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

BBQ Pulled Pork on a Whole Wheat Bun  
Homemade Coleslaw  
Sweet Potato Fries  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Chicken Tenders  
Whole Grain Biscuit  
Honey Glazed Carrots  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

French Bread Pizza  
Fresh Broccoli with Ranch  
Baby Carrots  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Toasted Cheese Croissant  
Campbell's Tomato Soup  
Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Pancakes with Syrup  
Turkey Sausage  
Cinnamon Roasted Chickpeas  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Hamburger/Cheeseburger on a Whole Wheat Bun  
Fresh Grape Tomatoes  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Chicken Nuggets  
Herbed Rice  
Garden Salad  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

Stuffed Crust Pizza  
Roasted Cauliflower  
Baby Carrots  
Fresh Fruit or Fruit Cup  
Low Fat or Fat Free Milk

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

