

Golding Middle School



M/ma=meat/meat alternate
 WG=Whole Grain WW=Whole
 Wheat RF=Reduced Fat
 FF=Fat Free RS=Reduced Sodium
 R/ORed/Orange G=DarkGreen B/
 P=Beans/Peas S=Starchy O=Other

CRCS PROVIDES EQUAL PROGRAM
 AND EMPLOYMENT OPPORTUNITIES
 MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 Day 3</p> <p style="text-align: center; font-size: 2em;">Memorial Day No School</p>	<p>29 Day 4</p> <p>WW Breakfast Bun ~~~~~ WG Popcorn Chicken 2oz WG Roll ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Salad 2 oz / RF Mayo/1.3oz, With Romaine/G ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup OvenBakedBeans/O Mashed Potatoes/O Broccoli Cuts/G</p>	<p>30 Day 5</p> <p>WW Muffin ~~~~~ 5 WG Mozzarella sticks 2oz 2oz Pasta Sauce/R/O, WW pasta ¼ cup, Garlic Roll 1oz ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Bologna 1.5oz Cheese .5oz WW Bread 2 oz, RF Mayo/ Mustard 1pk ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Mixed Greens/R/O Carrot Coins/O</p>	<p>31 Day 6</p> <p>Pancake Stick/Syrup 1 oz ~~~~~ Mini Pancake and Sausage Patty ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey 1.5oz Cheese .5oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Baby Cakes Assorted Vegetables</p>	<p>1 Day 1</p> <p>WG French Toast Sticks 1oz Syrup ~~~~~ WG RF AssortedPizza 2oz ~~~~~ Ham 1.5 oz Cheese .5oz WW Bread 2oz, Mustard 1pk ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ VegetableChoices ¾ CupChoose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Assorted Vegetables/O Pasta Salad w/ Veggies</p>
<p>4 Day 2</p> <p>WGBagelRFCreamCheese.75oz ~~~~~ 3 WG Chicken Strips 2oz WW Bun 1 oz ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ PBJ 2oz Peanut Butter, WW Bread 2oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Carrot Coins/O Assorted Vegetables/O</p>	<p>5 Day 3</p> <p>WW Breakfast Bun ~~~~~ Quesadilla with Seasoned Rice ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Tuna Salad 2oz RF Mayo WW 2oz /Romaine/G ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Mixed Greens Golden Corn</p>	<p>6 Day 4</p> <p>WW Muffin ~~~~~ Taco/Nacho/1.5oz Seasoned Meat/.5oz Shredded RF Cheese OR RF Cheese Sauce 2oz/ .9 Oz RS WG ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna 1.5oz Cheese .5oz WW Bread 2 oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Applesauce ~~~~~ Vegetable Choices ¾ Cup (choose two) Mixed Greens/G (1c=½c), Black Bean and Tomato Salsa/B/P</p>	<p>7 Day 5</p> <p>Pancake Sticks ~~~~~ 5 WG Mozzarella sticks 2oz 2oz Pasta Sauce/R/O, WW pasta ¼ cup, Garlic Roll 1oz ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Turkey 1.5oz Cheese .5oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Steamed Spinach Green Beans</p>	<p>8 Day 6</p> <p>WG French Toast Sticks 1oz Syrup ~~~~~ WG RF AssortedPizza 2oz ~~~~~ Ham 1.5 oz Cheese .5oz WW Bread 2oz, Mustard 1pk ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ VegetableChoices ¾ CupChoose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Pasta Salad w/ Veggies</p>
<p>11 Day 1</p> <p>WW Cinnamon Toast ~~~~~ 5ea. WG Chicken nuggets BBQ Sauce WG Bread Slice1oz ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ PBJ 2oz Peanut Butter, WW Bread 2oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Carrot Coins/O Assorted Vegetables/O</p>	<p>12 Day 2</p> <p>WW Breakfast Bun ~~~~~ MANWICH! Sandwich 1.75oz, WG Roll ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Tuna Salad Sandwich 2 oz / RF Mayo/1.3oz With Romaine/G ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Curly Fries /O Broccoli Cuts/G</p>	<p>13 Day 3</p> <p>WW Muffin ~~~~~ Taco/Nacho/1.5oz Seasoned Meat/.5oz Shredded RF Cheese OR RF Cheese Sauce 2oz/ .9 Oz RS WG Seasoned Rice ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna 1.5oz Cheese .5oz WW Bread 2 oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Applesauce ~~~~~ Vegetable Choices ¾ Cup (choose two) Mixed Greens/G (1c=½c), Black Bean and Tomato Salsa/B/P</p>	<p>14 Day 4</p> <p>Pancake Sticks ~~~~~ RF Cheese Beef Burger 1.5oz WW Bun 1.8 oz Ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Turkey 1.5oz Cheese .5oz ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup OvenBakedFrenchFries OvenBakedBeans/O</p>	<p>15 Day 5</p> <p>WG French Toast Sticks 1oz Syrup ~~~~~ WG RF AssortedPizza 2oz ~~~~~ Ham 1.5 oz Cheese .5oz WW Bread 2oz, Mustard 1pk ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ VegetableChoices ¾ CupChoose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Assorted Vegetables/O Pasta Salad w/ Veggies</p>
<p>18 Day 6</p> <p>WGBagelRFCreamCheese.75oz ~~~~~ WG Chicken Burger WG Roll ~~~~~ WG RF Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich WW Bread 2 oz ~~~~~ 8oz Ff Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mashed Potatoes/O</p>	<p>19 Day 1</p> <p>WW Breakfast Bun ~~~~~ <p style="text-align: center; font-size: 1.5em;">Golding Barbecue</p> <p>Hamburger, Grilled Hotdog/ WG Roll, or Fresh Vegetable Wrap Pasta Salad w/ Veggies Baked Beans WG Sun Chips Watermelon</p> </p>	<p>20 Day 2</p> <p style="text-align: center; font-size: 1.5em;"><i>Half Day</i></p> <p style="text-align: center;">Grab and Go!</p> <p>PBJ pocket WG Snack Mix Fresh Fruit 3/4 cup Fresh Vegetables</p>	<p>21 Day 3</p> <p style="text-align: center; font-size: 1.5em;"><i>Half Day</i></p> <p style="text-align: center;">Grab and Go!</p> <p>PBJ pocket WG Snack Mix Fresh Fruit 3/4 cup Fresh Vegetables</p>	<p>22</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>