

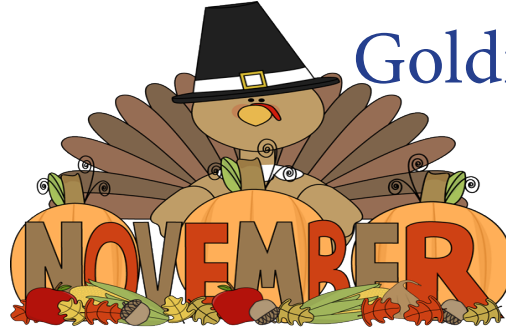
Golding Middle School

Daily Alternate Breakfast Options:

- Cereal
- Assorted Juices
- 1% White Milk
- Assorted Fat Free Milk

Daily Alternate Lunch Options:

- Assorted Pizza
- Yogurt and Granola



Menu Subject To Change

All grains are whole grain

CRCS provides equal program and employment opportunities.

Students must take a fruit and/or vegetable with their meal.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Day 1	30	Day 2	31	Day 3	1	Day 4	2	Day 5
Cinnamon Toast		Breakfast Bun		Muffin		Pancake Sticks Syrup		French Toast Sticks Syrup	
Chicken Strips BBQ Sauce Bread Slice		Cheeseburgers Ketchup 2 pickle Slices		Mozzarella Sticks Pasta w/ Sauce Garlic Toast		French Toast Sticks Syrup Sausage Patty		Assorted Pizza	
Peanut Butter and Jelly Sandwich		Tuna Salad Sandwich		Bologna Sandwich		Turkey Sandwich		Ham Sandwich	
Fruit Choices: Fresh Or Applesauce		Fruit Choices: Fresh Or Peaches		Fruit Choices: Fresh Or Mixed Fruit		Fruit Choices: Fresh Or Peaches		Fruit Choices: Fresh Fruit Or Spiced Pears	
Vegetable Choices: Assorted Vegetables Broccoli Cuts Mashed Potatoes		Vegetable Choices: Oven Baked Fries Baked Beans Mixed Greens		Vegetable Choices: Assorted Vegetables Mixed Vegetables Mixed Greens		Vegetable Choices: Assorted Vegetables Sweet Carrot Coins Mixed Greens		Vegetable Choices: Choose 2: Broccoli Cuts Mixed Greens Pasta Salad w/ Veggies	
5	Day 6	6	Day 1	7	Day 2	8	Day 3	9	Day 4
Bagel w/ Cream Cheese		Breakfast Bun		Muffin		Pancake Sticks Syrup		French Toast Sticks Syrup	
Popcorn Chicken BBQ Sauce Bread Slice		Taco/Nacho Seasoned Meat Shredded Cheese OR Cheese Sauce Chips/Brown Rice Salsa		BBQ Pork Rib Sandwich		Quesadilla w/ Salsa Seasoned Brown Rice		Assorted Pizza	
Peanut Butter and Jelly Sandwich		Tuna Sandwich		Bologna Sandwich		Turkey Sandwich		Ham Sandwich	
Fruit Choices: Fresh Or Mixed Fruit		Fruit Choices: Fresh OR Peaches		Fruit Choices: Fresh Or Applesauce		Fruit Choices: Fresh Fruit Or Peaches		Fruit Choices: Fresh Fruit Or Spiced Pears	
Vegetable Choices: Steamed Spinach Mashed Potatoes		Vegetable Choices: Mixed Greens Carrots		Vegetable Choices: Oven Baked Fries Baked Beans Coleslaw		Vegetable Choices: Mexican Corn Mixed Vegetables		Vegetable Choices: Choose 2: Broccoli Cuts Mixed Greens Pasta Salad w/ Veggies	
12		13	Day 5	14	Day 6	15	Day 1	16	
		Cinnamon Toast		WW Muffin		Pancake Sticks Syrup		Parent Teacher Conference Day No Students K-12 	
Veterans Day		Chicken Nuggets BBQ Sauce Bread Slice		Thanksgiving Feast		Assorted Pizza			
		Peanut Butter and Jelly Sandwich		Roast Turkey/Gravy Mashed Potatoes Dinner Roll Mixed Vegetables Cranberry Sauce Baked Sweet Potato Assorted Pudding Stuffing		Turkey Sandwich			
		Fruit Choices: Fresh Or Peaches				Fruit Choices: Fresh Fruit Or Applesauce			
		Vegetable Choices: Sweet Carrot Coins Assorted Vegetables Mashed Potatoes							
19	Day 2	20	Day 3	21		22		23	
Bagel w/ Cream Cheese		Breakfast Bun							
Chicken Burger		Oven Roasted Hot Dog Ketchup/Mustard/Relish							
Peanut Butter and Jelly Sandwich		Tuna Sandwich							
Fruit Choices: Fresh Or Peaches		Fruit Choices: Fresh Or Peaches							
Vegetable Choices: Sweet Carrot Coins Assorted Vegetables Mashed Potatoes		Vegetable Choices: Oven Baked Beans Assorted Vegetables							

Thanksgiving Recess