

Golding Middle School



CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES
MENU SUBJECT TO CHANGE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Day 4 WGBagelRFCreamCheese ~~~~~ Chicken Patty WG Roll ~~~~~ WG RF Cheese Pizza ~~~~~ PBJ Peanut Butter, WW Bread ~~~~~ 8oz FF Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Apple Sauce ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Mashed Potatoes/O	29 Day 5 WW Breakfast Bun ~~~~~ RF Cheese Beef Burger WW Bun Ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Salad RF Mayo WW Romaine/G ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Oven- BakedFrenchFries OvenBakedBeans/O	30 Day 6 WW Muffin ~~~~~ 5 WG Mozzarella sticks Pasta Sauce/R/O, WW pasta ¼ cup, Garlic Roll ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Cheese WW Bread RF Mayo/ Mustard 1pk ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Mixed Vegetables/R/O Sweet Carrot Coins/R/O	31 Day 1 Pancake Stick/Syrup ~~~~~ 4 French Toast Sticks Syrup Sausage Patty ~~~~~ WG RF Cheese Pizza 2oz ~~~~~ Turkey 1.5oz Cheese .5oz WW Bread 2 oz ~~~~~ 8oz Ff Yogurt/2 oz Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ¾ Cup Oven Baked Sweet Potato Babycakes/O	1 Day 2 WGFrenchToastSticks/Syrup ~~~~~ WG RF AssortedPizza ~~~~~ Ham Cheese WWBread Mustard1pk ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit Or Spiced Pears ~~~~~ VegetableChoices ¾Cup- Choose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Pasta Salad W/ Veggie
4 Day 3 WW Cinnamon Toast ~~~~~ 12 ea. WG Popcorn Chicken WG Roll ~~~~~ WG RF AssortedPizza ~~~~~ PBJ Peanut Butter, WW Bread ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mashed Potatoes/O	5 Day 4 WW Breakfast Bun ~~~~~ WG Toasted Cheese Sandwich ½ American ½ Mozzarella Seasoned Noodles ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Salad Sandwich RF Mayo on WW Romaine/G ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Tomato Soup/R/O Steamed Spinach/G	6 Day 5 WW Muffin ~~~~~ BBQ Rib WG Roll Sandwich ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Cheese WW Bread RF Mayo/ Mustard 1pk ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Oven Tots, Coleslaw/O OvenBakedBeans/O	7 Day 6 Pancake Stick. Syrup ~~~~~ Quesadilla with Mexican Rice ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey Sandwich WW Bread ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit Or Peaches ~~~~~ Vegetable Choices ½ Cup Mixed Greens/G (1c=½c), Cowboy Salsa	8 Day 1 WG French Toast Sticks Syrup ~~~~~ WG RF AssortedPizza ~~~~~ Ham Cheese WW Bread Mustard 1pk ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ VegetableChoices ¾Cup- Choose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Pasta Salad W/ Veggie
11 Day 2 WGBagelRFCreamCheese ~~~~~ 3 WG Chicken Strips BBQ Sauce WG Roll ~~~~~ WG RF Cheese Pizza ~~~~~ Peanut Butter & Jelly Sandwich WW Bread ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mashed Potatoes/O	12 Day 3 WW Breakfast Bun ~~~~~ Mini Pancakes, Sausage Patty ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Salad RF Mayo With Romaine/G ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Babycakes OR Assorted Vegetables/O	13 Day 4 WW Muffin ~~~~~ Taco/Nacho Seasoned Meat Shredded RF Cheese OR RF Cheese Sauce RS WG, Chips WG Brown Rice/Salsa R/O ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Cheese WW Bread ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Apple Sauce ~~~~~ Vegetable Choices ¾ Cup (choose two) Mixed Greens/G (1c=½c), Black Bean and Tomato Salsa/B/P	14 Day 5 Pancake Stick/Syrup ~~~~~ Hot Dog WG roll ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey Cheese ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Steamed Spinach/G or Oven Baked Fries Mac and Cheese	15 Day 6 WGFrenchToastSticks Syrup ~~~~~ WG RF AssortedPizza ~~~~~ Ham Cheese WW Bread with Mustard 1pk ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ VegetableChoices ¾CupChoose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Pasta Salad W/ Veggie
Winter Recess Feb. 18-22				
25 Day 1 WGBagelRFCreamCheese ~~~~~ 5 WG Chicken Nuggets BBQ Sauce WG Roll ~~~~~ WG RF Cheese Pizza ~~~~~ PBJ Peanut Butter, WW Bread ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Apple Sauce ~~~~~ Vegetable Choices ¾ Mashed Potatoes/O Sweet Carrot Coins/R/O	26 Day 2 WW Breakfast Bun ~~~~~ RF Cheese Beef Burger WW Bun Ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ WG RF Cheese Pizza ~~~~~ Tuna Salad RF Mayo WW Romaine/G ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Peaches ~~~~~ Vegetable Choices ¾ Cup OvenBakedFrenchFries OvenBakedBeans/O	27 Day 3 WW Muffin ~~~~~ 5 WG Mozzarella sticks Pasta Sauce/R/O, WW pasta ¼ cup, Garlic Roll ~~~~~ WG RF Cheese Pizza ~~~~~ Bologna Cheese WW Bread 2 oz, RF Mayo/ Mustard 1pk ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Or Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Mixed Vegetables/R/O Golden Corn/R/O	28 Day 4 Pancake Stick/Syrup ~~~~~ Taco/Nachos with Seasoned Rice ~~~~~ WG RF Cheese Pizza ~~~~~ Turkey Cheese WW Bread ~~~~~ Ff Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ¾ Cup Mixed Greens/G/1c=½c RF Dressing 1.5oz Black Bean and Tomato Salsa/B/P	1 Day 5 WGFrenchToastSticks/Syrup ~~~~~ WG RF AssortedPizza ~~~~~ Ham Cheese WWBread Mus- tard1pk ~~~~~ FF Yogurt Granola ~~~~~ Fruit Choices ½ Cup Fresh Fruit Or Spiced Pears ~~~~~ VegetableChoices ¾Cup- Choose 2—Broccoli Cuts Mixed Greens/G/1c=½c RF Dressing 1.5oz Pasta Salad W/ Veggie