


# Golding Middle School



# March

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
<p>4 Day 5</p> <p>Cinnamon Toast</p> <p>Chicken Burger/Roll</p> <p>Cheese Pizza</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Mixed Fruit</p> <p>Vegetable Choices</p> <p>Sweet Carrot Coins</p> <p>Mashed Potatoes</p>	<p>5 Day 6</p> <p>Breakfast Bun</p> <p>Toasted Cheese Sandwich ½ American ½ Mozzarella</p> <p>Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Mayo &amp; Romaine Lettuce</p> <p>Yogurt and Granola</p> <p>Fruit Choices</p> <p>Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices</p> <p>Tomato Soup</p> <p>Oven Baked Beans</p>	<p>6 Day 1</p> <p>Muffin</p> <p>Spaghetti and Meatballs with Garlic Bread Sticks</p> <p>Cheese Pizza</p> <p>Bologna and Cheese Sandwich</p> <p>Mayo/Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Spiced Pears</p> <p>Vegetable Choices</p> <p>Steamed Spinach</p> <p>Mixed Greens/Dressing</p>	<p>7 Day 2</p> <p>Pancake Stick, Syrup</p> <p>Quesadilla with Mexican Rice</p> <p>Cheese Pizza</p> <p>Turkey and Cheese Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Fruit Or Peaches</p> <p>Vegetable Choices</p> <p>Black Bean/Tomato Salsa</p> <p>Golden Corn</p>	<p>8 Day 3</p> <p>French Toast Sticks Syrup</p> <p>Assorted Pizza</p> <p>Ham and Cheese Sandwich</p> <p>Mayo/Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices</p> <p>Broccoli Cuts</p> <p>Mixed Greens/Dressing</p> <p>Assorted Vegetables</p>
<p>11 Day 4</p> <p>Bagel with Cream Cheese</p> <p>Chicken Nuggets</p> <p>BBQ Sauce</p> <p>Bread Slice</p> <p>Cheese Pizza</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Peaches</p> <p>Vegetable Choices</p> <p>Sweet Carrot Coins</p> <p>Mashed Potatoes</p>	<p>12 Day 5</p> <p>Breakfast Bun</p> <p>Mini Pancakes, Sausage Patty</p> <p>Cheese Pizza</p> <p>Tuna Salad With Mayo and Romaine Lettuce</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Mixed Fruit</p> <p>Vegetable Choices</p> <p>Babycakes</p> <p>Assorted Vegetables</p>	<p>13 Day 6</p> <p>Muffin</p> <p>Taco/Nacho Seasoned Meat Shredded Cheese OR Cheese Sauce</p> <p>Chip, Brown Rice/Salsa</p> <p>Cheese Pizza</p> <p>Bologna and Cheese Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Apple Sauce</p> <p>Vegetable Choices</p> <p>Mixed Greens/Dressing</p> <p>Black Bean and Tomato Salsa</p>	<p>14 Day 1</p> <p>Pancake Stick/Syrup</p> <p>Oven Roasted Hot Dog</p> <p>Ketchup/Mustard/Relish</p> <p>Cheese Pizza</p> <p>Turkey and Cheese Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Peaches</p> <p>Vegetable Choices</p> <p>Oven Fries</p> <p>Oven Baked Beans</p>	<p>15 Day 2</p> <p>French Toast Sticks Syrup</p> <p>Assorted Pizza</p> <p>Ham and Cheese Sandwich</p> <p>Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices</p> <p>Broccoli Cuts</p> <p>Mixed Greens/Dressing</p> <p>Assorted Vegetables</p>
<p>18 Day 3</p> <p>Bagel with Cream Cheese</p> <p>Chicken Strips</p> <p>BBQ Sauce</p> <p>Bread Slice</p> <p>Cheese Pizza</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Apple Sauce</p> <p>Vegetable Choices</p> <p>Broccoli Cuts</p> <p>Mashed Potatoes</p>	<p>19 Day 4</p> <p>Breakfast Bun</p> <p>Cheese Beef Burger, Bun</p> <p>Ketchup and 2 pickle slices</p> <p>Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>With Mayo and Romaine Lettuce</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Peaches</p> <p>Vegetable Choices</p> <p>Oven Baked French Fries</p> <p>Oven Baked Beans</p>	<p>20 Day 5</p> <p>Muffin</p> <p>Mozzarella sticks</p> <p>Pasta Sauce, Pasta</p> <p>Garlic Roll</p> <p>Cheese Pizza</p> <p>Bologna and Cheese Sandwich</p> <p>Mayo/Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Mixed Fruit</p> <p>Vegetable Choices</p> <p>Mixed Vegetables</p> <p>Sweet Carrot coins</p>	<p>21 Day 6</p> <p>French Toast Sticks Syrup</p> <p>Assorted Pizza</p> <p>Ham and Cheese Sandwich</p> <p>Mustard</p> <p>Yogurt with Granola</p> <p>Fruit Choices</p> <p>Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices</p> <p>Choose Broccoli Cuts</p> <p>Mixed Greens/Dressing</p> <p>Assorted Vegetables</p>	<p>22</p> <p>Staff Development Day</p> <p>Buildings Closed</p> 
<p>25 Day 1</p> <p>Cinnamon Toast</p> <p>Chicken Burger Rol.</p> <p>Assorted Pizza</p> <p>Peanut Butte and Jelly Sandwich,</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Mixed Fruit</p> <p>Vegetable Choices</p> <p>Sweet Carrot Coins</p> <p>Mashed Potatoes</p>	<p>26 Day 2</p> <p>Breakfast Bun</p> <p>Toasted Cheese Sandwich ½ American ½ Mozzarella</p> <p>Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Mayo With Romaine Lettuce</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices</p> <p>Tomato Soup</p> <p>Oven Fries</p>	<p>27 Day 3</p> <p>Muffin</p> <p>BBQ Rib Roll Sandwich</p> <p>Cheese Pizza</p> <p>Bologna and Cheese Sandwich</p> <p>Mayo/Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Or Spiced Pears</p> <p>Vegetable Choices</p> <p>Oven Tots, Coleslaw</p> <p>Oven Baked Beans</p>	<p>28 Day 4</p> <p>French Toast Sticks/Syrup</p> <p>Chicken and Biscuits</p> <p>Assorted Pizza</p> <p>Turkey and Cheese Sandwich</p> <p>Fruit Choices</p> <p>Fresh Fruit Or Spiced Pears</p> <p>Vegetable Choices</p> <p>Sweet Potatoes</p> <p>Mixed Veggies</p> <p>Cranberry Sauce</p>	<p>29 Day 5</p> <p>French Toast Sticks Syrup</p> <p>Assorted Pizza</p> <p>Ham and Cheese Sandwich</p> <p>Mustard</p> <p>Yogurt &amp; Granola</p> <p>Fruit Choices</p> <p>Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices</p> <p>Broccoli Cuts</p> <p>Mixed Greens/Dressing</p> <p>Assorted Vegetables</p>