



GOLDEN WEST MIDDLE SCHOOL

MUSTANG MENU



MONDAY

BREAKFAST: MINI PANCAKES OR MINI CINNIS
FAVORITES: BBQ CHICKEN DRUMSTICK W/
 ROASTED POTATOES
SALADS: CAESAR SALAD W/ FRESH BAKED
 ROLL
GRILL: SPICY CHICKEN STRIPS
DELI: SUN BUTTER & JELLY SANDWICH
CAFE: ALFREDO MAC W/ BROCCOLI

TUESDAY

BREAKFAST: FRESH BAKED FRUIT MUFFIN OR
 BISCUIT & GRAVY W/ TATER TOTS
FAVORITES: TACOS W/ FRESH CORN TORTILLA &
 GOLDEN WEST SALSA
SALADS: CHEF SALAD W/ FRESH BAKED ROLL
GRILL: CORN DOG
DELI: TURKEY CLUB W/ CHEESE ON FRESH
 BAKED SUB ROLL
CAFE: SPAGHETTI W/ MEAT SAUCE &
 BREADSTICK

WEDNESDAY

BREAKFAST: CHORIZO, EGG AND CHEESE
 BURRITO W/ TATER TOTS OR BREAKFAST ON A
 STICK
FAVORITES: BUILD YOUR OWN POTATO - CHOOSE
 EITHER TATER TOTS OR A BAKED POTATO AND
 THEN ADD A VARIETY OF TOPPINGS
SALADS: TACO SALAD W/ FRESH BAKED ROLL
GRILL: RIB B QUE
DELI: CAESAR WRAP
CAFE: CHICKEN TERIYAKI NOODLES W/ BROCCOLI

THURSDAY

BREAKFAST: FRESH BAKED BREAKFAST PIZZA
 OR BLUEBERRY BAGEL W/ CREAM CHEESE
FAVORITES: TACOS W/ FRESH CORN TORTILLA &
 GOLDEN WEST SALSA
SALADS: CRISPY CHICKEN SALAD W/ FRESH
 BAKED ROLL
GRILL: HOT DOG
DELI: AMERICAN SUB - TURKEY, HAM &
 CHEDDAR
CAFE: MAC & CHEESE W/ BREADSTICK

FRIDAY

BREAKFAST: BERRY PARFAIT W/ HOUSEMADE
 GRANOLA OR COCOA BREAD
FAVORITES: BUILD YOUR OWN SANDWICH -
 TURKEY OR HAM ON A FRESH BAKED ROLL
SALADS: CAESAR SALAD W/ FRESH BAKED
 ROLL
GRILL: CHICKEN NUGGETS
DELI: EGG SALAD ON A FRESH BAKED ROLL
CAFE: PENNE W/ CHEESE & A BREADSTICK

EVERYDAY OFFERINGS

CAFE: MON-THUR - NEW YORK PEPPERONI OR
 CHEESE PIZZA; FRIDAY - DETROIT STYLE PIZZA
GRILL: BURGERS & CHICKEN PATTY SANDWICH

WE OFFER SEASONAL FRUITS, VEGETABLES,
 NON-FAT CHOCOLATE MILK AND 1% WHITE MILK
 DAILY. YOU MUST SELECT A HALF CUP OF FRUIT,
 VEGETABLE OR A COMBINATION OF BOTH WITH
 YOUR MEAL.

STUDENT 2ND BREAKFAST: \$3.25 STUDENT 2ND LUNCH: \$5.25 ADULT MEAL: \$6.25

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE.