

**GOLDENDALE PRIMARY SCHOOL
GRADES K-4
OCTOBER 2023**

Calories Guidelines
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	OCTOBER 2 TOMATO or CHICKEN NOODLE SOUP 190 TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	OCTOBER 3 TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	OCTOBER 4 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	OCTOBER 5 TERIYAKI DIPPERS 161 BROWN RICE 108 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130	OCTOBER 6 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 1	OCTOBER 9 DELI SANDWICH 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO 70 MILK 130	OCTOBER 10 SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	OCTOBER 11 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	OCTOBER 12 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
W K 2		OCTOBER 16 MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	OCTOBER 17 CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	OCTOBER 18 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	OCTOBER 19 BURRITO w/sauce 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130
	W K 3	OCTOBER 23 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	OCTOBER 24 SANDWICH CARROT STIX 16 APPLESAUCE 60 MILK 130	OCTOBER 25 SANDWICH CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	OCTOBER 26 SANDWICH CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130

Calories Guidelines
Grades K-5: 350-500
Grade 6-8: 400-550
Grade 9-12: 450-600

BREAKFAST – GRADES K-4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	OCTOBER 2 CEREAL 70 BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	OCTOBER 3 CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 4 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	OCTOBER 5 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	OCTOBER 6 CEREAL BREAKFAST BAR BANANA 45 MILK 130
	W K 1	OCTOBER 9 CEREAL 70 BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	OCTOBER 10 CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 11 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	OCTOBER 12 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35
W K 2		OCTOBER 16 CEREAL 70 BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	OCTOBER 17 CEREAL 70 BREAKFAST CRACKER APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 18 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	OCTOBER 19 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130
	W K 3	OCTOBER 23 CEREAL 70 BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	OCTOBER 24 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 25 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	OCTOBER 26 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130

Menu items OCTOBER be subject to substitution. The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc. should contact Ruth Faulconer at 773-5177. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, WhittBuilding, 14th and Independence Avenue SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and em.

**GOLDENDALE MIDDLE SCHOOL
GRADES 5-8
OCTOBER 2023**

Calories Guidelines
Grade 5: 550-650
Grade 6-8: 600-700

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	OCTOBER 2 ORANGE CHICKEN SALAD 86 CARROT STIX PEACHES 60 or APPLE 40 MILK 130	OCTOBER 3 TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	OCTOBER 4 CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 MILK 130	OCTOBER 5 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD STEAMED BROCCOLI 8 Or cauliflower CARROT STIX 8 PINEAPPLE 80 or BANANA 45 MILK 130	OCTOBER 6 CHICKENBURGER 393 SALAD 86 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 MILK 130
	W K 1	OCTOBER 9 DELI SANDWICH 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	OCTOBER 10 SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	OCTOBER 11 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130 Ketchup (2) 20	OCTOBER 12 PIZZA 295 SALAD 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
W K 2		OCTOBER 16 MAC & CHEESE 422 BREAD SLICE 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	OCTOBER 17 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PEARS 60 or GRAPES 55 MILK 130	OCTOBER 18 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK 130	OCTOBER 19 MEATBALL SUB 328 Or HOT DOG SALAD 86 CARROT STIX 16 PEARS 80 or BANANA 45 MILK 130
	W K 3	OCTOBER 23 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD STEAMED BROCCOLI 8 Or cauliflower CARROT STIX 8 PINEAPPLE 80 or BANANA 45 MILK 130	OCTOBER 24 SANDWICH CARROTS PEARS 60 or GRAPES MILK 130	OCTOBER 25 SANDWICH CARROT STIX 16 APPLESAUCE 50 or BANANA 45 MILK 130	OCTOBER 26 SANDWICH CARROT STIX 8 PINEAPPLE 80 or APPLE 40 MILK 130

Calories Guidelines
Grade 5: 550-650
Grade 6-8: 600-700
Guidelines
Grades K-5: 350-500

BREAKFAST AVAILABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	OCTOBER 2 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 3 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	OCTOBER 4 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	OCTOBER 5 MUFFIN CHEESE STICK PINEAPPLE 120 or APPLE 80 MILK	OCTOBER 6 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE MILK 130
	W K 1	OCTOBER 9 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 10 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	OCTOBER 11 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	OCTOBER 12 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35
W K 2		OCTOBER 16 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 17 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	OCTOBER 18 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	OCTOBER 19 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130
	W K 3	OCTOBER 23 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	OCTOBER 24 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	OCTOBER 25 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	OCTOBER 26 MUFFIN CHEESE STICK PINEAPPLE 120 or APPLE 80 MILK 130

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**GOLDENDALE HIGH SCHOOL
GRADES 9-12
OCTOBER 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W K 3	OCTOBER 2 SPAGHETTI 312 BREADSTICK SALAD 86 GREEN BEANS 25 PEACHES120 or APPLE MILK 130	OCTOBER 3 CHEESEBURGER 338 BAKED FRIES FRESH SALAD 86 CORN PEARS 160 Or GRAPES 110 MILK 130	OCTOBER 4 BEEF NACHOS 572 FRESH SALAD 86 PEAS APPLESAUCE 120 Or KIWI 45 MILK 130	OCTOBER 5 PULLED PORK SANDWICH 300 VEGGIE SALAD 86 VEGGIE BEANS PINEAPPLE 160 BANANA 36 MILK 130	OCTOBER 6 CHICKEN WRAP308 Or MEATBALL SUB FRESH SALAD 86 CORN 67 MIXED FRUIT 120 Or ORANGE 35 COOKIE 128 MILK 130	
	W K 1	OCTOBER 9 BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES140 OR APPLE 80 MILK130	OCTOBER 10 ENCHILADA 394 FRESH SALAD 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	OCTOBER 11 CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES 100 PINEAPPLE or ORANGE 35 MILK 130	OCTOBER 12 MAC & CHEESE 300 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 Or ORANGE 36 MILK 130	OCTOBER 13 ORANGE CHICKEN FRESH SALAD 86 Or VEGE SALAD GREEN BEANS 25 APPLESAUCE OR BANANA COOKIE 128 MILK 130
		W K 2	OCTOBER 16 PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE 140 OR APPLE 80 MILK 130	OCTOBER 17 CHICKEN GRAVY ON MASHED POTATO FRESH SALAD 86 CORN 67 HOT ROLL PEARS 160 Or GRAPES 110 MILK 130	OCTOBER 18 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 Or FRESH FRUIT MILK 130	OCTOBER 19 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES or 120 BANANA 105 MILK 130
	W K 3		OCTOBER 23 BEEF RIB PATTY FRENCH FRIES FRESH SALAD 86 BREADSTICK GREEN BEANS 25 PEACHES or APPLE MILK 130	OCTOBER 24 SANDWICH CARROT STICKS PEARS 160 GRAPES 110 MILK 130	OCTOBER 25 SANDWICH CARROTS BROCCOLI APPLESAUCE 120 MILK 130	OCTOBER 26 SANDWICH CARROTS PINEAPPLE 120 BANANA 105 MILK 130
		BREAKFAST				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	OCTOBER 2	OCTOBER 3	OCTOBER 4	OCTOBER 5	OCTOBER 6	
	CEREAL BREAKFAST BAR APPLESAUCE Or APPLE MILK	FRENCH TOAST PEARS Or ORANGE MILK	BAGEL CREAM CHEESE PEACHES OR ORANGE MILK	MUFFIN CHEESE STICK PINEAPPLE OR APPLE MILK	CEREAL BREAKFAST BAR BANANA JUICE MILK	
	OCT 9	OCT 11	OCT 12	OCT 13	OCT 14	
	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	CEREAL BREAKFAST BAR BANANA JUICE MILK	
	OCT 16	OCT 17	OCT 18	OCT 19	OCT 20	
	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	
	OCT 23	OCT 24	OCT 25	OCT 26	OCT 27	
	CEREAL BREAKFAST BAR APPLESAUCE Or APPLE MILK	FRENCH TOAST PEARS Or ORANGE MILK	BAGEL CREAM CHEESE PEACHES OR ORANGE MILK	MUFFIN CHEESE STICK PINEAPPLE OR APPLE MILK	CEREAL BREAKFAST BAR BANANA JUICE MILK	

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