

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

**Calories Guidelines  
Grades K-4: 550-650**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1			<b>AUGUST 30</b> SANDWICH CARROT STIX 16 FRUIT60 MILK 130	<b>AUGUST 31</b> SANDWICH CARROT STIX 16 FRUIT 45 MILK 130	<b>SEPTEMBER 1</b> SANDWICH CARROT STIX 16 FRUIT 35 MILK 130
W K 2	<b>SEPTEMBER 4</b> NO SCHOOL LABOR DAY	<b>SEPTEMBER 5</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>SEPTEMBER 6</b> BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	<b>SEPTEMBER 7</b> TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 8</b> PULLED PORK SANDWICH SALAD CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 3	<b>SEPTEMBER 11</b> TOMATO or CHICKEN NOODLE SOUP 190 TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>SEPTEMBER 12</b> TACOS 488 CORN 25 CARROT STIX 16 APPLESAUCE 60 OR APPLE MILK 130	<b>SEPTEMBER 13</b> HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 14</b> TERIYAKI DIPPERS 161 BROWN RICE STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130	<b>SEPTEMBER 15</b> CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 1	<b>SEPTEMBER 18</b> DELI SANDWICH 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO 70 MILK 130	<b>SEPTEMBER 19</b> SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>SEPTEMBER 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>SEPTEMBER 21</b> PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 22</b> HAMBURGER w/cheese 338 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 2	<b>SEPTEMBER 25</b> MAC & CHEESE 422 or CHILI 212 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>SEPTEMBER 26</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>SEPTEMBER 27</b> BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	<b>SEPTEMBER 28</b> TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 29</b> PULLED PORK SANDWICH CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>BREAKFAST -</b>		<b>AUGUST 30</b> CEREAL BREAKFAST BAR FRUIT MILK 130	<b>AUGUST 31</b> CEREAL BREAKFAST BAR FRUIT MILK 130	<b>SEPTEMBER 1</b> CEREAL BREAKFAST COOKIE/BAR FRUIT MILK 130
W K 2	<b>SEPTEMBER 4</b> NO SCHOOL LABOR DAY	<b>SEPTEMBER 5</b> CEREAL 70 BREAKFAST COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 6</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 7</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 8</b> CEREAL CHEESE STICK FRUIT MILK 130
W K 3	<b>SEPTEMBER 11</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 12</b> CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 13</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 14</b> BAGEL 140 CREAM CHEESE PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 15</b> CEREAL BREAKFAST COOKIE/BAR FRUIT MILK 130
W K 1	<b>SEPTEMBER 18</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 19</b> CEREAL 70 BREAKFAST COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 20</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 21</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	<b>SEPTEMBER 22</b> CEREAL CHEESE STICK FRUIT MILK 130
W K 2	<b>SEPTEMBER 25</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 26</b> CEREAL 70 BREAKFAST/COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 27</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 28</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 29</b> CEREAL BREAKFAST COOKIE/BAR FRUIT MILK 130

P.M KINDERGARTEN GROUP THE WEEK OF SEPT.7-10 Will be provided with grab and go sandwich bag lunches.

Menu items SEPTEMBER 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, Whitten Building, 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 employer.

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1			<b>AUGUST 30</b> SANDWICH VEGGIE FRUIT MILK 130	<b>AUGUST 31</b> SANDWICH VEGGIES FRUIT MILK 130	<b>SEPTEMBER 1</b> SANDWICH VEGGIES FRUIT MILK 130
W K 2	<b>SEPTEMBER 4</b> NO SCHOOL LABOR DAY	<b>SEPTEMBER 5</b> CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 114 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>SEPTEMBER 6</b> BURRITO w/SAUCE 346 CORN 67 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 7</b> TURKEY GRAVY ON MASHED POTATOES 337 BREADSTICKS 68 PEAS 60 CARROT STIX 16 PEARS 80 Or APPLE45 MILK 130	<b>SEPTEMBER 8</b> PULLED PORK SANDWICH 300 SALAD 86 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 3	<b>SEPTEMBER 11</b> TOMATO SOUP 52 or CHICKEN NOODLE GRILLED CHEESE or TUNA SANDWICH 94 BROCCOLI 8 CARROTS 16 PEACHES 60 or APPLE 40 MILK 130	<b>SEPTEMBER 12</b> TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	<b>SEPTEMBER 13</b> MEATBALL SUB or HOT DOG 286 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 APPLESAUCE 50 MILK 130	<b>SEPTEMBER 14</b> TERIYAKI DIPPERS 160 BROWN RICE 112 STEAMED BROCCOLI 8 or CAULIFLOWER CARROT STIX 8 PINEAPPLE 80 or BANANA 45 MILK 130	<b>SEPTEMBER 15</b> CHICKENBURGER 393 SALAD 86 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 1	<b>SEPTEMBER 18</b> DELI SANDWICH 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>SEPTEMBER 19</b> SPAGHETTI 312 BREADSTICK 68 SALAD 86 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>SEPTEMBER 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>SEPTEMBER 21</b> PIZZA 295 SALAD 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 22</b> HAMBURGER w/cheese TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 2	<b>SEPTEMBER 25</b> MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>SEPTEMBER 26</b> BURRITO w/SAUCE 346 CORN 67 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>SEPTEMBER 27</b> CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 114 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>SEPTEMBER 28</b> TURKEY GRAVY ON MASHED POTATOES 337 BREADSTICKS 68 PEAS 60 CARROT STIX 16 PEARS 80 Or APPLE45 MILK 130	<b>SEPTEMBER 29</b> PULLED PORK SANDWICH 300 SALAD 86 CORN CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>BREAKFAST AVAILABLE</b>		<b>AUGUST 30</b> CEREAL FRUIT MILK 130	<b>AUGUST 31</b> CEREAL FRUIT MILK 130	<b>SEPTEMBER 1</b> CEREAL BREAKFAST/COOKIE/BAR FRUIT MILK 130
W K 2	<b>SEPTEMBER 4</b> NO SCHOOL LABOR DAY	<b>SEPTEMBER 5</b> CEREAL 70 BREAKFAST/COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 6</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 7</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 8</b> CEREAL CHEESE STICK BANANA 45 JUICE 56 MILK 130
W K 3	<b>SEPTEMBER 11</b> CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 12</b> FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 13</b> CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 14</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 15</b> CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130
W K 1	<b>SEPTEMBER 18</b> CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 19</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 20</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 21</b> BISCUIT PINEAPPLE 120 or APPLE 80 MILK 130 jelly	<b>SEPTEMBER 22</b> CEREAL 70 BREAKFAST COOKIE/COOKIE/BAR BANANA 45 JUICE 56 MILK 130
W K 2	<b>SEPTEMBER 25</b> CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 26</b> PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 27</b> CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 28</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 29</b> CEREAL CHEESE STICK TOAST 115 BANANA 45 JUICE 56 MILK 130

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# GOLDENDALE HIGH SCHOOL

## GRADES 9-12

### SEPTEMBER 2023

**Calories Guidelines**  
Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1			<b>AUGUST 30</b> SANDWICH VEGGIES FRUIT MILK 130	<b>AUGUST 31</b> SANDWICH VEGGIES FRUIT MILK 130	<b>SEPTEMBER 1</b> SANDWICH VEGGIES FRUIT MILK 130
W K 2	<b>SEPTEMBER 4</b>  NO SCHOOL  LABOR DAY	<b>SEPTEMBER 5</b> CHEESEBURGER 338 FRESH SALAD 86 CORN 67 PEARS 160 GRAPES 110 MILK 130	<b>SEPTEMBER 6</b> DELI SANDWICH 404 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 Or KIWI MILK 130	<b>SEPTEMBER 7</b> CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	<b>SEPTEMBER 8</b> TACO CASSEROLE 258 FRESH SALAD 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
W K 3	<b>SEPTEMBER 11</b> PIZZA 372 SALAD 86 BAKED FRIES 112 GREEN BEANS 25 PEACHES APPLE MILK 130	<b>SEPTEMBER 12</b> CHEESEBURGER 338 FRESH SALAD 86 CORN BREADSTICK127 PEARS 160 GRAPES 110 MILK 130	<b>SEPTEMBER 13</b> BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE MILK 130	<b>SEPTEMBER 14</b> PULLED PORK SANDWICH 300 FRESH SALAD 86 BEANS PINEAPPLE 120 BANANA 105 MILK 130	<b>SEPTEMBER 15</b> CHILI DOG FRESH SALAD 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130
W K 1	<b>SEPTEMBER 18</b> BURRITO 340 FRESH SALAD 86 VEGE SALAD 68 BAKED FRIES 112 PEACHES140 APPLE 80 MILK130	<b>SEPTEMBER 19</b> ENCHILADA 396 FRESH SALAD 86 VEGE SALAD 68 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	<b>SEPTEMBER 20</b> CHICKENBURGER 367 FRESH SALAD 86 VEGE SALAD 68 GREEN BEANS 25 APPLESAUCE 120 ORANGE 35 MILK 130	<b>SEPTEMBER 21</b> MAC &CHEESE 300 FRESH SALAD 86 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 BANANA 36 MILK 130	<b>SEPTEMBER 22</b> CHICKEN NUGGETS FRESH SALAD 86 BAKED FRIES 112 PINEAPPLE 120 ORANGE 35 COOKIE 128 MILK 130
	<b>SEPTEMBER 25</b> PIZZA 352 FRESH SALAD 86 GREEN BEANS 25 PEACHES 140 APPLE 80 MILK 130	<b>SEPTEMBER 26</b> CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK127 PEARS 160 GRAPES 110 MILK 130	<b>SEPTEMBER 27</b> DELI SANDWICH 404 FRESH SALAD BAR 86 PEAS 62 APPLESAUCE MILK 130	<b>SEPTEMBER 28</b> CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	<b>SEPTEMBER 29</b> TACO CASSEROLE 258 FRESH SALAD BAR 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1			<b>AUGUST 30</b> CEREAL FRUIT MILK 130	<b>AUGUST 31</b> CEREAL FRUIT MILK 130	<b>SEPTEMBER 1</b> CEREAL BREAKFAST COOKIE/BAR FRUIT MILK 130
W K 2	<b>SEPTEMBER 4</b>  NO SCHOOL  LABOR DAY	<b>SEPTEMBER 5</b> CEREAL 70 BREAKFAST COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 6</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 7</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 8</b> CEREAL CHEESE STICK BANANA 45 JUICE 56 MILK 130
W K 3	<b>SEPTEMBER 11</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 12</b> FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 13</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 14</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 15</b> CEREAL BREAKFAST COOKIE/BAR BANANA 45 JUICE 56 MILK 130
W K 1	<b>SEPTEMBER 18</b> CEREAL 70 BREAKFAST COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 19</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 20</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 21</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	<b>SEPTEMBER 22</b> CEREAL CHEESE STICK BANANA 45 JUICE 56 MILK 130
W K 2	<b>SEPTEMBER 25</b> CEREAL 70 BREAKFAST/COOKIE/BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 26</b> PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	<b>SEPTEMBER 27</b> BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	<b>SEPTEMBER 28</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>SEPTEMBER 29</b> CEREAL BREAKFAST COOKIE/BAR BANANA 45 JUICE 56 MILK 130

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