

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

Calories Guidelines  
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>OCTOBER 30</b> HOT DOG VEGETARIAN BEANS 119 SALAD 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>OCTOBER 31</b> SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>NOVEMBER 1</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>NOVEMBER 2</b> PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	<b>NOVEMBER 3</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>NOVEMBER 6</b> MAC & CHEESE 422 Or CHILI BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>NOVEMBER 7</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>NOVEMBER 8</b> BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	<b>NOVEMBER 9</b> TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130
W K 3		<b>NOVEMBER 13</b> TOMATO or CHICKEN NOODLE SOUP 190 TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>NOVEMBER 14</b> TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	<b>NOVEMBER 15</b> HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>NOVEMBER 16</b> TERIYAKI DIPPERS 161 BREAD 70 BAKED FRIES 100 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20
	W K 1	<b>NOVEMBER 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>NOVEMBER 21</b> PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	<b>NOVEMBER 22</b> SANDWICH BROCCOLI CARROT STICKS ORANGE or PEARS MILK	<b>NOVEMBER 23</b> <b>THANKSGIVING DAY NO SCHOOL</b>

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 1	<b>OCTOBER 30</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>OCTOBER 31</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 1</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	<b>NOVEMBER 2</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	<b>NOVEMBER 3</b> CEREAL BREAKFAST BAR BANANA 45 JUICE 56 MILK 130
	W K 2	<b>NOVEMBER 6</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 7</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 8</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	<b>NOVEMBER 9</b> BREAKFAST ROLL APPLESAUCE ORANGE MILK
W K 3		<b>NOVEMBER 13</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 14</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 15</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	<b>NOVEMBER 16</b> BAGEL PEACHES 140 or ORANGE 70 MILK 130
	W K 1	<b>NOVEMBER 20</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 21</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 22</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>NOVEMBER 23</b> <b>THANKSGIVING DAY NO SCHOOL</b>

Menu items NOVEMBER 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  
NOVEMBER 2023**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>OCTOBER 30</b> DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>OCTOBER 31</b> SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>NOVEMBER 1</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or ORANGE MILK 130	<b>NOVEMBER 2</b> PIZZA 295 SALAD BAR 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	<b>NOVEMBER 3</b> HAMBURGER w/cheese SALAD 86 TOMATO SLICE 12 CARROT STIX 16 APPLESAUCE 60 COOKIE 128 MILK 130
	W K 2	<b>NOVEMBER 6</b> MAC & CHEESE 422 BREAD SLICE 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>NOVEMBER 7</b> CORNDOG FRIES VEGETARIAN BEANS CARROT STIX 16 PINEAPPLE 60 or BANANA MILK 130	<b>NOVEMBER 8</b> BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	<b>NOVEMBER 9</b> MEATBALL SUB 327 SALAD 86 CARROT STIX 8 PEARS 80 or BANANA 45 MILK 130
W K 3		<b>NOVEMBER 13</b> ORANGE CHICKEN RICE SALAD 86 BROCCOLI 8 CARROT 16 PEACHES 60 or APPLE 40 MILK 130	<b>NOVEMBER 14</b> TACO 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	<b>NOVEMBER 15</b> CHICKEN BURGER 384 SALAD 86 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 Or ORANGE 35 MILK 130	<b>NOVEMBER 16</b> TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD 8 STEAMED BROCCOLI 8 or CAULIFLOWER CARROT STIX 8 PINEAPPLE 80 or APPLE 40 MILK 130
	W K 1	<b>NOVEMBER 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or ORANGE MILK 130	<b>NOVEMBER 21</b> SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>NOVEMBER 22</b> SANDWICH BROCCOLI CARROT STICKS ORANGE or PEARS MILK	<b>NOVEMBER 23</b> <b>THANKSGIVING DAY NO SCHOOL</b>

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

**BREAKFAST AVAILABLE DAILY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>OCTOBER 30</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>OCTOBER 31</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 1</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 2</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	<b>NOVEMBER 3</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	W K 2	<b>NOVEMBER 6</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 7</b> PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 8</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 9</b> BREAKFAST ROLL YOGURT APPLESAUCE ORANGE MILK
W K 3		<b>NOVEMBER 13</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 14</b> FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 15</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 16</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130
	W K 1	<b>NOVEMBER 20</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 21</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 22</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 23</b> <b>THANKSGIVING DAY NO SCHOOL</b>

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

Calories Guidelines  
Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>OCTOBER 30</b> BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES140 APPLE 80 MILK130	<b>OCTOBER 31</b> MEATBALL SUB FRESH SALAD 86 PEARS 160 GRAPES 110 MILK 130	<b>NOVEMBER 1</b> CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES 100 PINEAPPLE 120 or FRESH FRUIT MILK 130	<b>NOVEMBER 2</b> MAC & CHEESE 300 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 Or ORANGE 70 MILK 130	<b>NOVEMBER 3</b> ORANGE CHICKEN FRESH SALAD BAR 86 Or VEGGIE SALAD 68 GREEN BEANS APPLESAUCE or BANANA 105 COOKIE 128 MILK 130
	W K 2	<b>NOVEMBER 6</b> PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE Or APPLE 80 MILK 130	<b>NOVEMBER 7</b> CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK127 PEARS 160 GRAPES 110 MILK 130	<b>NOVEMBER 8</b> DELI SANDWICH 404 VEGGIE SALAD 152 PEAS 62 APPLESAUCE 120 Or FRESH FRUIT MILK 130	<b>NOVEMBER 9</b> CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES 100 PINEAPPLE 120 or FRESH FRUIT MILK 130
W K 3		<b>NOVEMBER 13</b> CHEESEBURGER FRESH SALAD 86 BAKED FRIES 100 CORN 76 PEARS 160 or GRAPES 110 MILK 130	<b>NOVEMBER 14</b> CHICKEN WRAP FRESH SALAD BAR 86 BREADSTICK127 GREEN BEANS 25 PEACHES or APPLE MILK 130	<b>NOVEMBER 15</b> BEEF NACHOS 562 FRESH SALAD BAR 86 PEAS 62 APPLESAUCE 120 MILK 130	<b>NOVEMBER 16</b> PULLED PORK SANDWICH 300 VEGGIE SALAD 152 VEGGIE BEANS 119 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130
	W K 1	<b>NOVEMBER 20</b> BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES140 APPLE 80 MILK130	<b>NOVEMBER 21</b> MEATBALL SUB FRESH SALAD 86 PEARS 160 GRAPES 110 MILK 130	<b>NOVEMBER 22</b> SANDWICH BROCCOLI CARROT STICKS ORANGE or PEARS MILK	<b>NOVEMBER 23</b> THANKSGIVING DAY  NO SCHOOL

**BREAKFAST**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 1	<b>OCTOBER 30</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>OCTOBER 31</b> WAFFLES APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 1</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 2</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	<b>NOVEMBER 3</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	W K 2	<b>NOVEMBER 6</b> CEREAL BREAKFAST BAR PEARS or ORANGE 70 MILK 130	<b>NOVEMBER 7</b> PANCAKE APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 8</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 9</b> BREAKFAST ROLL YOGURT APPLESAUCE ORANGE MILK
W K 3		<b>NOVEMBER 13</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 14</b> FRENCH TOAST APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 15</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 16</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130
	W K 1	<b>NOVEMBER 20</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>NOVEMBER 21</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>NOVEMBER 22</b> BAGEL CREAM CHEESE PEACHES 140 Or ORANGE 70 MILK 130	<b>NOVEMBER 23</b> THANKSGIVING DAY  NO SCHOOL