

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30	DECEMBER 1
WK 2	MAC & CHEESE 422 or CHILI BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	ORANGE CHICKEN PEAS 60 RICE CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	PULLED PORK SANDWICH SALAD CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8
WK 3	TOMATO or CHICKEN NOODLE SOUP 190 TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130 Salsa 13	HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	TERIYAKI DIPPERS 161 BREAD BAKED FRIES 100 STEAMED BROCCOLI CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130	CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15
WK 1	MEATBALL SUB VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO 70 MILK 130	SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	HAMBURGER w/cheese 338 TOMATO SLICE 12 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**

BREAKFAST – GRADES K-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30	DECEMBER 1
WK 2	CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MUFFIN PEACHES 140 or ORANGE 70 MILK 130	BREAKFAST ROLL PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR BANANA36 MILK 130
	DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8
Wk3	CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MUFFIN PEACHES 140 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR BANANA36 MIXED FRUIT MILK 130
	DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15
Wk1	CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MUFFIN PEACHES 140 or ORANGE 70 MILK 130	YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR BANANA36 MIXED FRUIT MILK 130

Menu items DECEMBER 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
DECEMBER 2023**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WK 2	NOVEMBER 27 MAC & CHEESE 422 BREAD SLICE 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	NOVEMBER 28 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE or BANANA 45 MILK 130	NOVEMBER 29 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK	NOVEMBER 30 MEATBALL SUB 328 or HOT DOG SALAD 86 CARROT STIX 16 PEARS or BANANA MILK 130	DECEMBER 1 PULLED PORK SANDWICH SALAD CORN CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	WK 3	DECEMBER 4 ORANGE CHICKEN RICE PEAS SALAD 86 BROCCOLI 8 PEACHES 60 or APPLE 40 MILK 130	DECEMBER 5 TACO 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	DECEMBER 6 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 MILK 130	DECEMBER 7 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD 8 STEAMED BROCCOLI or cauliflower CARROT STIX 8 PINEAPPLE 80 Or BANANA 40 MILK 130
WK 1		DECEMBER 11 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 68 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	DECEMBER 12 SPAGHETTI 312 BREADSTICK 86 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES MILK 130	DECEMBER 13 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT or ORANGE MILK 130	DECEMBER 14 PIZZA 295 SALAD 68 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130

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

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WK 2	NOVEMBER 27 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	NOVEMBER 28 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	NOVEMBER 29 BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	NOVEMBER 30 BREAKFAST ROLL YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	DECEMBER 1 CEREAL 70 BREAKFAST BAR BANANA36 JUICE 56 MILK 130
	WK 3	DECEMBER 4 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	DECEMBER 5 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	DECEMBER 6 BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	DECEMBER 7 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130
WK 1		DECEMBER 11 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	DECEMBER 12 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	DECEMBER 13 BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	DECEMBER 14 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35

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GOLDENDALE HIGH SCHOOL
GRADES 9-12
DECEMBER 2023

Calories Guidelines
 Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30	DECEMBER 1
WK 2	PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE APPLE 80 MILK 130	CHICKEN GRAVY ON MASHED POTATOES FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	DELI SANDWICH 404 VEGGIE SALAD 152 PEAS 62 APPLESAUCE 120 or FRESH FRUIT MILK 130	CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES or BANANA 105 MILK 130	TERIYAKI DIPPERS 376 FRENCH FRIES FRESH SALAD 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
	DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8
WK 3	CHEESEBURGER FRESH SALAD 86 BAKED FRIES CORN PEARS or GRAPES MILK 130	SPAGHETTI FRESH SALAD BAR 86 GREEN BEANS BREADSTICK 127 PEACHES or APPLE MILK 130	BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 or KIWI MILK 130	PULLED PORK SANDWICH 300 VEGGIE SALAD 86 VEGGIE BEANS PINEAPPLE 120 or BANANA 105 MILK 130	CHICKEN WRAP or MEAT BALL SUB FRESH SALAD 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130
	DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15
WK 1	BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES 140 or APPLE 80 MILK 130	MEATBALL SUB FRESH SALAD 86 PEARS 160 or GRAPES 110 MILK 130	CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES GREEN BEANS 25 PINEAPPLE or ORANGE 35 MILK 130	MAC & CHEESE 300 VEGGIE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 BANANA 36 MILK 130	ORANGE CHICKEN FRESH SALAD BAR 86 or VEGGIE SALAD GREEN BEANS APPLESAUCE ORANGE 35 COOKIE 128 MILK 130

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30	DECEMBER 1
CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BREAKFAST ROLL YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR BANANA 36 JUICE 56 MILK 130
DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8
CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	MUFFIN YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR BANANA 36 JUICE 56 MILK 130
DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15
CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	BAGEL 140 CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BISCUIT 164 SAUSAGE PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	CEREAL 70 BREAKFAST BAR BANANA 36 JUICE 56 MILK 130

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