

**GOLDENDALE PRIMARY SCHOOL
GRADES K-4
JANUARY 2024**

Calories Guidelines
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	JANUARY 1 NO SCHOOL	JANUARY 2 CHICKEN NUGGETS BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	JANUARY 3 MAC & CHEESE 422 or CHILI BREADSTICK 68 GREEN BEANS 25 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 4 BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	JANUARY 5 PULLED PORK SANDWICH SALAD CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 3	JANUARY 8 ORANGE CHICKEN PEAS 60 RICE CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	JANUARY 9 TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130 Salsa 13	JANUARY 10 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 11 TERIYAKI DIPPERS 161 BAKED FRIES 100 STEAMED BROCCOLI 8 BREAD 70 PEACHES 70 or APPLE 40 MILK 130
W K 1		JANUARY 15 MARTIN LUTHER KING DAY NO SCHOOL	JANUARY 16 SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	JANUARY 17 CHICKEN NUGGETS BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	JANUARY 18 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
	W K 2	JANUARY 22 MEATBALL SUB GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	JANUARY 23 CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	JANUARY 24 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 25 BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE 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
W K 2	JANUARY 1 NO SCHOOL	JANUARY 2 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 3 MUFFIN PINEAPPLE or APPLE MILK	JANUARY 4 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 5 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	W K 3	JANUARY 8 CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	JANUARY 9 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 10 MUFFIN PEACHES 140 MILK 130	JANUARY 11 BAGEL CREAM CHEESE PEACHES 140 MILK 130
W K 1		JANUARY 15 MARTIN LUTHER KING DAY NO SCHOOL	JANUARY 16 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 17 MUFFIN PEACHES 140 MILK 130	JANUARY 18 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130
	W K 2	JANUARY 22 CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	JANUARY 23 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 24 MUFFIN PEACHES 140 MILK 130	JANUARY 25 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130

Menu items JANUARY 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
JANUARY 2024**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 1	JANUARY 2	JANUARY 3	JANUARY 4	JANUARY 5
W K 2	NO SCHOOL	CHICKEN NUGGETS BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT 80 or ORANGE MILK 130	BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK 130	MEATBALL SUB 327 Or HOT DOG SALAD BAR 86 CARROT STIX 16 PEARS 80 or BANANA MILK 130	PULLED PORK SANDWICH SALAD 86 CORN 67 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	JANUARY 8	JANUARY 9	JANUARY 10	JANUARY 11	JANUARY 12
W K 3	ORANGE CHICKEN RICE PEAS SALAD 86 BROCCOLI 8 CARROT STIX 16 PEACHES 60 or APPLE 40 MILK 130	TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 MILK 130	TERIYAKI DIPPERS 161 BROWN RICE 108 SALAD 86 STEAMED BROCCOLI 8 or CAULIFLOWER CARROT STIX 8 PINEAPPLE 80 or BANANA 45 MILK 130	CHICKENBURGER 393 SALAD 86 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18	JANUARY 19
W K 1	MARTIN LUTHER KING DAY NO SCHOOL	SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	CHICKEN NUGGETS BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT 80 or ORANGE MILK 130	PIZZA 295 SALAD 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	HAMBURGER w/cheese SALAD 86 TOMATO SLICE 12 CARROT STIX 16 APPLESAUCE 60 COOKIE 128 MILK 130
	JANUARY 22	JANUARY 23	JANUARY 24	JANUARY 25	JANUARY 26
W K 2	MAC & CHEESE 422 BREAD SLICE 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	MEATBALL SUB 327 Or HOT DOG SALAD 86 CARROT STIX 16 PEARS 80 or BANANA 45 MILK 130	BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK 130 SALSA 13	NO SCHOOL Teacher Inservice

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 1	JANUARY 2	JANUARY 3	JANUARY 4	JANUARY 5
W K 2	NO SCHOOL	CEREAL 70 BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES140 MILK 130	BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK
	JANUARY 8	JANUARY 9	JANUARY 10	JANUARY 11	JANUARY 12
W K 3	CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES140 MILK 130	MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK
	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18	JANUARY 19
W K 1	MARTIN LUTHER KING DAY NO SCHOOL	CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	BAGEL CREAM CHEESE PEACHES140 MILK 130	BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK
	JANUARY 22	JANUARY 23	JANUARY 24	JANUARY 25	JANUARY 26
W K 2	CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES140 MILK 130	BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	NO SCHOOL Teacher Inservice

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GOLDENDALE HIGH SCHOOL

GRADES 9-12

JANUARY 2024

Calories Guidelines
Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	JANUARY 1 NO SCHOOL	JANUARY 2 PIZZA 352 VEGGIE SALAD 86 BAKED FRIES 100 PEACHES 140 APPLE 80 MILK 130	JANUARY 3 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	JANUARY 4 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES BANANA 105 MILK 130	JANUARY 5 TERIYAKI DIPPERS FRESH SALAD 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
	W K 3	JANUARY 8 CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES CORN 67 PEARS or GRAPES MILK 130	JANUARY 9 SPAGHETTI FRESH SALAD BAR 86 BAKED FRIES 112 BREADSTICK 127 PEACHES 160 Or APPLE MILK 130	JANUARY 10 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 or KIWI MILK 130	JANUARY 11 PULLED PORK SANDWICH 300 BREADSTICK 86 VEGGIE BEANS PINEAPPLE 120 BANANA 105 MILK 130
W K 1		JANUARY 15 MARTIN LUTHER KING DAY NO SCHOOL	JANUARY 16 ORANGE CHICKEN FRESH SALAD BAR 86 VEGGIE SALAD 68 PEARS 160 GRAPES 110 MILK 130	JANUARY 17 CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES GREEN BEANS 25 PINEAPPLE ORANGE 35 MILK 130	JANUARY 18 MAC & CHEESE 300 VEGGIE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 BANANA 36 MILK 130
	W K 2	JANUARY 22 PIZZA 352 VEGGIE SALAD 86 BAKED FRIES 100 PEACHES 140 APPLE 80 MILK 130	JANUARY 23 CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	JANUARY 24 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	JANUARY 25 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES BANANA 105 MILK 130

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1 NO SCHOOL	JANUARY 2 CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	JANUARY 3 BAGEL CREAM CHEESE PEACHES or ORANGE MILK	JANUARY 4 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 5 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK
JANUARY 8 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 9 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	JANUARY 10 BAGEL CREAM CHEESE PEACHES or ORANGE MILK	JANUARY 11 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 12 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK
JANUARY 15 MARTIN LUTHER KING DAY NO SCHOOL	JANUARY 16 CEREAL BREAKFAST BAR PEARS Or ORANGE MILK	JANUARY 17 BAGEL CREAM CHEESE PEACHES or ORANGE MILK	JANUARY 18 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	JANUARY 19 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK
JANUARY 22 CEREAL BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 23 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	JANUARY 24 BAGEL CREAM CHEESE PEACHES or ORANGE MILK	JANUARY 25 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 26 NO SCHOOL Teacher Inservice

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