

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

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|--|--|--|---|
| W K 3 | JANUARY 29 TOMATO SOUP 52 or CHICKEN NOODLE SOUP SUN BUTTER 140 or TUNA SANDWICH 94 BROCCOLI 8 CARROT 16 PEARS or GRAPES MILK 130 | JANUARY 30 TACOS GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 Or APPLE 40 MILK 130 Salsa 13 | JANUARY 31 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 86 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130 | FEBRUARY 1 TERIYAKI DIPPERS 161 BREAD FRIES 100 STEAMED BROCCOLI 8 PEACHES 70 or APPLE 40 MILK 130 | FEBRUARY 2 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130 |
| | FEBRUARY 5 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO MILK 130 | FEBRUARY 6 SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130 | FEBRUARY 7 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130 | FEBRUARY 8 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK | FEBRUARY 9 HAMBURGER w/cheese 338 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130 |
| W K 1 | FEBRUARY 12 MAC & CHEESE 422 Or CHILI BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130 | FEBRUARY 13 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 60 or GRAPES 55 MILK 130 | FEBRUARY 14 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130 | FEBRUARY 15 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE 45 MILK 130 | FEBRUARY 16 PULLED PORK SANDWICH SALAD CARROT STICKS MIXED FRUIT or ORANGE MILK |
| | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | FEBRUARY 20 TACOS GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 Or APPLE 40 MILK 130 Salsa 13 | FEBRUARY 21 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 86 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130 | FEBRUARY 22 TERIYAKI DIPPERS 161 FRIES 100 BREAD 70 STEAMED BROCCOLI 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20 | FEBRUARY 23 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130 |
| W K 2 | FEBRUARY 26 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO MILK 130 | FEBRUARY 27 SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130 | FEBRUARY 28 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130 | FEBRUARY 29 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK | March 1 HAMBURGER w/cheese 338 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130 |
| | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | FEBRUARY 20 TACOS GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 Or APPLE 40 MILK 130 Salsa 13 | FEBRUARY 21 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 86 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130 | FEBRUARY 22 TERIYAKI DIPPERS 161 FRIES 100 BREAD 70 STEAMED BROCCOLI 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20 | FEBRUARY 23 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130 |

**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 | JANUARY 29 FRENCH TOAST PEARS OR ORANGE MILK | JANUARY 30 CEREAL BREAKFAST BAR APPLESAUCE MILK | JANUARY 31 MUFFIN PEACHES MILK | FEBRUARY 1 BAGEL CREAM CHEESE PINEAPPLE MILK | FEBRUARY 2 CEREAL CHEESE STICK APPLESAUCE MILK |
| | FEBRUARY 5 WAFFLES PEARS MILK | FEBRUARY 6 CEREAL BREAKFAST BAR APPLESAUCE MILK | FEBRUARY 7 MUFFIN PEACHES MILK | FEBRUARY 8 BISCUIT PINEAPPLE MILK Jelly | FEBRUARY 9 CEREAL BREAKFAST BAR APPLESAUCE MILK |
| W K 1 | FEBRUARY 12 PANCAKES PEARS MILK | FEBRUARY 13 CEREAL BREAKFAST BAR APPLESAUCE MILK | FEBRUARY 14 MUFFIN PEACHES MILK | FEBRUARY 15 BREAKFAST ROLL YOGURT PINEAPPLE MILK | FEBRUARY 16 CEREAL BREAKFAST BAR APPLESAUCE MILK |
| | FEBRUARY 19 PRESIDENT'S DAY NO SCHOOL | FEBRUARY 20 CEREAL BREAKFAST BAR APPLESAUCE MILK | FEBRUARY 21 MUFFIN PEACHES MILK | FEBRUARY 22 BAGEL CREAM CHEESE PINEAPPLE MILK | FEBRUARY 23 CEREAL CHEESE STICK APPLESAUCE MILK |
| W K 2 | FEBRUARY 26 WAFFLES PEARS MILK | FEBRUARY 27 CEREAL BREAKFAST BAR APPLESAUCE MILK | FEBRUARY 28 BAGEL CREAM CHEESE PEACHES MILK | FEBRUARY 29 YOGURT PINEAPPLE MILK | March 1 CEREAL CHEESE STICK APPLESAUCE MILK |
| | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | FEBRUARY 20 CEREAL BREAKFAST BAR APPLESAUCE MILK | FEBRUARY 21 MUFFIN PEACHES MILK | FEBRUARY 22 BAGEL CREAM CHEESE PINEAPPLE MILK | FEBRUARY 23 CEREAL CHEESE STICK APPLESAUCE MILK |

Menu items FEBRUARY may 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
FEBRUARY 2024**

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|--|--|---|---|
| W K 3 | JANUARY 29 TOMATO SOUP 52 or CHICKEN NOODLE GRILLED CHEESE or TUNA SANDWICH 94 SALAD 86 PEACHES 60 or APPLE 40 MILK 130 | JANUARY 30 TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 salsa | JANUARY 31 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 or BANANA 45 MILK 130 | FEBRUARY 1 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD 86 STEAMED BROCCOLI 8 CARROT STIX 8 PINEAPPLE 80 or APPLE 40 MILK 130 | FEBRUARY 2 CHICKENBURGER 393 SALAD TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE MILK 130 |
| | W K 1 | FEBRUARY 5 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130 | FEBRUARY 6 SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130 | FEBRUARY 7 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT 80 Or ORANGE MILK 130 | FEBRUARY 8 PIZZA 295 SALAD BAR 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130 |
| W K 2 | | FEBRUARY 12 MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130 | FEBRUARY 13 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130 | FEBRUARY 14 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK 130 | FEBRUARY 15 MEATBALL SUB 328 Or HOT DOG SALAD BAR 86 CARROT STIX 16 PEARS or BANANA 45 MILK 130 |
| | W K 3 | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | FEBRUARY 20 TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13 | FEBRUARY 21 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 or BANANA 45 MILK 130 | FEBRUARY 22 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD 8 STEAMED BROCCOLI 8 CARROT STIX 8 PINEAPPLE 80 or APPLE 40 MILK 130 |
| | | FEBRUARY 26 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130 | FEBRUARY 27 SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130 | FEBRUARY 28 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT 80 Or ORANGE MILK 130 | FEBRUARY 29 PIZZA 295 SALAD BAR 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130 |

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|---|---|--|--|
| W K 3 | JANUARY 29 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | JANUARY 30 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 | JANUARY 31 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130 | FEBRUARY 1 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130 | FEBRUARY 2 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 |
| | W K 1 | FEBRUARY 5 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK | FEBRUARY 6 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 7 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130 | FEBRUARY 8 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35 |
| W K 2 | | FEBRUARY 12 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 13 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 14 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130 | FEBRUARY 15 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130 |
| | W K 3 | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | FEBRUARY 20 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 21 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130 | FEBRUARY 22 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130 |
| | | FEBRUARY 26 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK | FEBRUARY 27 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 28 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130 | FEBRUARY 29 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35 |

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GOLDENDALE HIGH SCHOOL
GRADES 9-12
FEBRUARY 2024

Calories Guidelines
Grades 9-12: 750-850

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|-------------|---|---|---|--|--|---|
| W K 3 | JANUARY 29 CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES 112 CORN PEACHES Or GRAPES 110 MILK 130 | JANUARY 30 SPAGHETTI FRESH SALAD BAR 86 BREADSTICK GREEN BEANS 25 PEACHES Or APPLE MILK | JANUARY 31 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130 | FEBRUARY 1 PULLED PORK SANDWICH 300 VEGGIE SALAD VEGGIE BEANS PINEAPPLE 120 BANANA 105 MILK 130 | FEBRUARY 2 MEATBALL SUB 328 or CHICKEN WRAP 308 FRESH SALAD 86 CORN 67 APPLESAUCE Or BANANA COOKIE 128 MILK 130 | |
| | W K 1 | FEBRUARY 5 BURRITO 340 VEGGIE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130 | FEBRUARY 6 ENCHILADA 396 FRESH SALAD BAR 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130 | FEBRUARY 7 CHICKEN BURGER 367 FRESH SALAD BAR 86 BAKED FRIES APPLESAUCE 120 ORANGE 35 MILK 130 | FEBRUARY 8 MAC & CHEESE 300 VEGGIE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 ORANGE 36 MILK 130 | FEBRUARY 9 ORANGE CHICKEN FRESH SALAD 86 GREEN BEANS 25 APPLESAUCE BANANA 35 COOKIE 128 MILK 130 |
| | | W K 2 | FEBRUARY 12 PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE 140 APPLE 80 MILK 130 | FEBRUARY 13 CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130 | FEBRUARY 14 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130 | FEBRUARY 15 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES 120 BANANA 105 MILK 130 |
| W K 3 | FEBRUARY 19 NO SCHOOL PRESIDENT'S DAY | | FEBRUARY 20 CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES 112 CORN PEACHES Or GRAPES MILK 130 | FEBRUARY 21 BEEF NACHOS 562 FRESH SALAD BAR 86 PEAS 62 APPLESAUCE 120 MILK 130 | FEBRUARY 22 PULLED PORK SANDWICH 300 FRESH SALAD BAR 86 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130 | FEBRUARY 23 MEATBALL SUB 328 or CHICKEN WRAP 308 FRESH SALAD BAR 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130 |
| | W K 1 | FEBRUARY 26 BURRITO 340 VEGGIE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130 | FEBRUARY 27 ENCHILADA 396 FRESH SALAD BAR 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130 | FEBRUARY 28 CHICKEN BURGER 367 FRESH SALAD BAR 86 BAKED FRIES APPLESAUCE 120 ORANGE 35 MILK 130 | FEBRUARY 29 MAC & CHEESE 300 VEGGIE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 ORANGE 36 MILK 130 | MARCH 1 ORANGE CHICKEN FRESH SALAD 86 GREEN BEANS 25 APPLESAUCE BANANA 35 COOKIE 128 MILK 130 |

BREAKFAST AVAILABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| JANUARY 29 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | JANUARY 30 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 | JANUARY 31 BAGEL CREAM CHEESE PEACHES OR ORANGE MILK | FEBRUARY 1 MUFFIN PINEAPPLE or APPLE MILK | FEBRUARY 2 CEREAL CHEESE STICK BANANA JUICE MILK |
| FEBRUARY 5 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 6 WAFFLES PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 7 BAGEL CREAM CHEESE PEACHES OR ORANGE MILK | FEBRUARY 8 BISCUIT PINEAPPLE or APPLE MILK | FEBRUARY 9 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 |
| FEBRUARY 12 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 13 PANCAKES PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 14 BAGEL CREAM CHEESE PEACHES OR ORANGE MILK | FEBRUARY 15 BREAKFAST ROLL YOGURT PINEAPPLE or APPLE MILK | FEBRUARY 16 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 |
| FEBRUARY 19 PRESIDENT'S DAY NO SCHOOL | FEBRUARY 20 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 21 BAGEL CREAM CHEESE PEACHES OR ORANGE MILK | FEBRUARY 22 MUFFIN PINEAPPLE or APPLE MILK | FEBRUARY 23 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 |
| FEBRUARY 26 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 | FEBRUARY 27 WAFFLES PEARS 160 or ORANGE 70 MILK 130 | FEBRUARY 28 BAGEL CREAM CHEESE PEACHES OR ORANGE MILK | FEBRUARY 29 BISCUIT PINEAPPLE or APPLE MILK | MARCH 1 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130 |

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