

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	<b>MARCH 4</b> MAC & CHEESE 422 Or CHILI BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>MARCH 5</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 6</b> BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>MARCH 7</b> TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	<b>MARCH 8</b> PULLED PORK SANDWICH 300 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 3	<b>MARCH 11</b> TOMATO or CHICKEN NOODLE SOUP 190 TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 12</b> TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	<b>MARCH 13</b> HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>MARCH 14</b> TERIYAKI DIPPERS 161 BROWN RICE 108 BAKED FRIES 100 STEAMED BROCCOLI 8 PEACHES 70 or APPLE 40 MILK 130
W K 1		<b>MARCH 18</b> MEATBALL SUB VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO 70 MILK 130	<b>MARCH 19</b> SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>MARCH 21</b> PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
	W K 2	<b>MARCH 25</b> POPCORN CHICKEN BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 26</b> SANDWICH CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 27</b> SANDWICH CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	<b>MARCH 28</b> SANDWICH BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130

**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 2	<b>MARCH 4</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 5</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 6</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>MARCH 7</b> BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	<b>MARCH 8</b> CEREAL BREAKFAST BAR BANANA 45 MIXED FRUIT MILK 130
	W K 3	<b>MARCH 11</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 12</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 13</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>MARCH 14</b> BAGEL CREAM CHEESE PINEAPPLE 120 or APPLE 80 MILK 130
W K 1		<b>MARCH 18</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 19</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 20</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>MARCH 21</b> YOGURT PINEAPPLE 120 or APPLE 80 MILK 130
	W K 2	<b>MARCH 25</b> CEREAL BREAKFAST BAR PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 26</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 27</b> MUFFIN PEACHES 140 or ORANGE 70 MILK 130	<b>MARCH 28</b> BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130

Menu items 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 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  
MARCH 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	<b>MARCH 4</b> MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>MARCH 5</b> TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PEARS 60 or GRAPES 55 MILK 130	<b>MARCH 6</b> BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>MARCH 7</b> MEATBALL SUB 328 Or HOT DOG SALAD BAR 86 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>MARCH 8</b> PULLED PORK SANDWICH SALAD 86 CORN 67 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 3	<b>MARCH 11</b> ORANGE CHICKEN RICE SALAD 86 CARROTS AND BROCCOLI PEARS 80 or APPLE 40 MILK 130	<b>MARCH 12</b> TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 or GRAPES MILK 130 Salsa 13	<b>MARCH 13</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 COOKIE MILK 130	<b>MARCH 14</b> TERIYAKI DIPPERS 161 RICE 112 SALAD 8 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130
W K 1		<b>MARCH 18</b> DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	<b>MARCH 19</b> SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	<b>MARCH 20</b> CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	<b>MARCH 21</b> PIZZA 295 SALAD BAR 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
	W K 2	<b>MARCH 25</b> CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 COOKIE MILK 130	<b>MARCH 26</b> SANDWICH BROCCOLI CARROT STIX 16 PEARS 60 or GRAPES 55 MILK 130	<b>MARCH 27</b> SANDWICH BROCCOLI 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	<b>MARCH 28</b> SANDWICH BROCCOLI CARROT STIX 16 APPLESAUCE 60 or ORANGE MILK 130

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

**BREAKFAST AVAILABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	<b>MARCH 4</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 5</b> PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 6</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 7</b> BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	<b>MARCH 8</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK 130
	W K 3	<b>MARCH 11</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 12</b> FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 13</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 14</b> MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130
W K 1		<b>MARCH 18</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 19</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 20</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 21</b> BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35
	W K 3	<b>MARCH 25</b> CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	<b>MARCH 26</b> PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 27</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 28</b> BREAKFAST ROLL YOGURT PINEAPPLE 120 or APPLE 80 MILK 130

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**GOLDENDALE HIGH SCHOOL  
GRADES 9-12  
MARCH 2024**

Calories Guidelines  
Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	<b>MARCH 4</b> PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE or APPLE MILK	<b>MARCH 5</b> CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	<b>MARCH 6</b> DELI SANDWICH 404 BEANS VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	<b>MARCH 7</b> CHICKENBURGER 393 FRESH SALAD BAR 86 BAKED FRIES 112 PEACHES or BANANA 105 MILK 130	<b>MARCH 8</b> TERIYAKI DIPPERS 376 FRESH SALAD 86 BAKED FRIES 86 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
	W K 3	<b>MARCH 11</b> CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES 112 CORN 67 PEARS 160 GRAPES 110 MILK 130	<b>MARCH 12</b> HOT DOG FRESH SALAD BAR 86 GREEN BEANS 25 PEACHES or APPLE MILK 130	<b>MARCH 13</b> BEEF NACHOS 562 BEANS FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	<b>MARCH 14</b> PULLED PORK SANDWICH 300 VEGGIE SALAD VEGGIE BEANS PINEAPPLE 120 BANANA 105 MILK 130
W K 1		<b>MARCH 18</b> BURRITO 340 VEGGIE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130	<b>MARCH 19</b> ENCHILADA 396 FRESH SALAD 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	<b>MARCH 20</b> CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES PINEAPPLE or FRESH FRUIT MILK 130	<b>MARCH 21</b> MAC & CHEESE 300 VEGGIE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 Or ORANGE MILK 130
	W K 2	<b>MARCH 25</b> PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE or APPLE MILK	<b>MARCH 26</b> SANDWICH CARROTS BROCCOLI PEARS 160 GRAPES 110 MILK 130	<b>MARCH 27</b> SANDWICH CARROTS BROCCOLI APPLESAUCE 120 MILK 130	<b>MARCH 28</b> SANDWICH CARROTS BROCCOLI PEACHES or BANANA 105 MILK 130

**BREAKFAST AVAILABLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MARCH 4</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	<b>MARCH 5</b> PANCAKES PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 6</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 7</b> BREAKFAST ROLL YOGURT PINEAPPLE or APPLE MILK	<b>MARCH 8</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK
<b>MARCH 11</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	<b>MARCH 12</b> FRENCH TOAST PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 13</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 14</b> MUFFIN PINEAPPLE or APPLE MILK	<b>MARCH 15</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK
<b>MARCH 18</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	<b>MARCH 19</b> WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 20</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 21</b> BISCUIT PINEAPPLE or APPLE MILK JELLY	<b>MARCH 22</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK
<b>MARCH 25</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	<b>MARCH 26</b> PANCAKES PEARS 160 or ORANGE 70 MILK 130	<b>MARCH 27</b> BAGEL CREAM CHEESE PEACHES or ORANGE MILK	<b>MARCH 28</b> BREAKFAST ROLL YOGURT PINEAPPLE or APPLE MILK	<b>MARCH 29</b> CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK

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