

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

Calories Guidelines
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	APRIL 8	APRIL 9	APRIL 10	APRIL 11	APRIL 12
	ORANGE CHICKEN RICE 108 PEAS 60 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	TACOS 488 GREEN BEANS CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	TERIYAKI DIPPERS 161 BAKED FRIES BREAD STEAMED BROCCOLI 8 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
	APRIL 15	APRIL 16	APRIL 17	APRIL 18	APRIL 19
W K 1	DELI SANDWICH 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 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
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
W K 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	TURKEY GRAVY on MASHED POTATOES 337 BREADSTICK 68 PEAS 60 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

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 3	APRIL 8	APRIL 9	APRIL 10	APRIL 11	APRIL 12
	CEREAL 70 BREAKFAST BAR WAFFLES 200 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	BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	APRIL 15	APRIL 16	APRIL 17	APRIL 18	APRIL 19
W K 1	CEREAL 70 BREAKFAST BAR PANCAKES 160 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 321 PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
W K 2	CEREAL 70 BREAKFAST BAR FRENCH TOAST 202 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 CHEESE STICK BANANA 45 JUICE 56 MILK 130

The menu is subject to change due to food availability

Menu items APRIL 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
APRIL 2024**

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

	MONDAY APRIL 8	TUESDAY APRIL 9	WEDNESDAY APRIL 10	THURSDAY APRIL 11	FRIDAY APRIL 12
W K 3	ORANGE CHICKEN RICE 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	TERIYAKI DIPPERS 161 BROWN RICE 108 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130	CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 MILK 130	CHICKENBURGER 393 SALAD 86 TOMATO SLICE 12 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	APRIL 15	APRIL 16	APRIL 17	APRIL 18	APRIL 19
W K 1	DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 MILK 130	PIZZA 295 SALAD BAR 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
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 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 or BANANA MILK 130	BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or APPLE MILK 130	MEATBALL SUB 328 Or HOT DOG 286 SALAD 86 CARROT STIX 16 PEARS or BANANA MILK 130	PULLED PORK SANDWICH SALAD 86 CORN 67 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 AVAILABLE

	MONDAY APRIL 8	TUESDAY APRIL 9	WEDNESDAY APRIL 10	THURSDAY APRIL 11	FRIDAY APRIL 12
W K 3	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 CHEESE STICK APPLESAUCE 120 or APPLE 80 MILK 130
	APRIL 15	APRIL 16	APRIL 17	APRIL 18	APRIL 19
W K 1	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
W K 2	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130

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

**Calories Guidelines
Grades 9-12: 750-850**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	APRIL 8 CHEESE BURGER 338 FRESH SALAD 86 BAKED FRIES 112 CORN 67 PEARS 160 or GRAPES 110 MILK 130	APRIL 9 CHICKEN NUGGETS FRIES FRESH SALAD 86 BREADSTICK GREEN BEANS 25 PEACHES or APPLE 80 MILK 130	APRIL 10 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	APRIL 11 PULLED PORK SANDWICH 300 VEGGIE SALAD 86 VEGGIE BEANS 119 PINEAPPLE 120 or BANANA 105 MILK 130	APRIL 12 CHICKEN WRAP 308 FRESH SALAD 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130
	W K 1	APRIL 15 BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130	APRIL 16 ENCHILADA 396 FRESH SALAD 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	APRIL 17 CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES PINEAPPLE or FRESH FRUIT ORANGE 35 MILK 130	APRIL 18 MAC & CHEESE 300 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 Or ORANGE MILK 130
W K 2		APRIL 22 PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE or APPLE 80 MILK 130	APRIL 23 CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 or GRAPES 110 MILK 130	APRIL 24 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 or FRESH FRUIT MILK 130	APRIL 25 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES or BANANA 105 MILK 130

BREAKFAST AVAILABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 8 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	APRIL 9 FRENCH TOAST PEARS or ORANGE MILK SYRUP	APRIL 10 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	APRIL 11 MUFFIN PINEAPPLE or APPLE MILK	APRIL 12 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK 130
APRIL 15 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	APRIL 16 WAFFLES PEARS or ORANGE MILK	APRIL 17 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	APRIL 18 BISCUIT PINEAPPLE or APPLE MILK	APRIL 19 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK 130
APRIL 22 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	APRIL 23 PANCAKES PEARS or ORANGE MILK	APRIL 24 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	APRIL 25 BREAKFAST ROLL YOGURT PINEAPPLE or APPLE MILK	APRIL 26 CEREAL 70 CHEESE STICK BANANA JUICE MILK 130

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