

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

Calories Guidelines
Grades K-4: 550-650

	MONDAY APRIL 29	TUESDAY APRIL 30	WEDNESDAY MAY 1	THURSDAY MAY 2	FRIDAY MAY 3
W K 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 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 BROWN RICE 108 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
W K 1	MAY 6 MEATBALL SUB VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	MAY 7 SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	MAY 8 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	MAY 9 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 10 HAMBURGER w/cheese 338 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 2	MAY 13 MAC & CHEESE 422 or CHILI BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	MAY 14 CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	MAY 15 BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	MAY 16 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 17 PULLED PORK SANDWICH CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 3	MAY 20 ORANGE CHICKEN RICE BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	MAY 21 TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	MAY 22 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 23 TERIYAKI DIPPERS 161 FRIES STEAMED BROCCOLI 8 BREAD CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130	MAY 24 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 1	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	MAY 29 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 or APPLE MILK 130	MAY 30 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 31 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-4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	APRIL 29 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130	APRIL 30 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MAY 1 MUFFIN PEACHES 140 or ORANGE 70 MILK 130	MAY 2 YOGURT BREAKFAST BAR PINEAPPLE 120 or APPLE 80 MILK 130	MAY 3 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130
W K 1	MAY 6 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130	MAY 7 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MAY 8 MUFFIN PEACHES 140 or ORANGE 70 MILK 130	MAY 9 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	MAY 10 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
W K 2	MAY 13 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130	MAY 14 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MAY 15 MUFFIN PEACHES 140 or ORANGE 70 MILK 130	MAY 16 BAGEL CREAM CHEESE PINEAPPLE 120 or APPLE 80 MILK 130	MAY 17 CEREAL 70 CHEESE STICK PEARS ORANGE MILK 130
W K 3	MAY 20 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130	MAY 21 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MAY 22 MUFFIN PEACHES 140 or ORANGE 70 MILK 130	MAY 23 BISCUIT PINEAPPLE 120 or APPLE 80 MILK 130 jelly	MAY 24 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130
	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	MAY 29 MUFFIN PEACHES 140 or ORANGE 70 MILK 130	MAY 30 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130	MAY 31 CEREAL 70 BREAKFAST BAR PEARS ORANGE MILK 130

The menu is subject to change due to food availability

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, 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
MAY 2024**

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

	MONDAY APRIL 29	TUESDAY APRIL 30	WEDNESDAY MAY 1	THURSDAY MAY 2	FRIDAY MAY 3
W K 3	ORANGE CHICKEN RICE SALAD 86 BROCCOLI 8 CARROT STICK 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 112 SALAD 8 STEAMED BROCCOLI 8 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 MILK 130
W K 1	MAY 6 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	MAY 7 SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	MAY 8 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT or ORANGE 35 MILK 130	MAY 9 PIZZA 295 SALAD 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 10 HAMBURGER w/cheese SALAD 86 TOMATO SLICE 12 CARROT STIX 16 APPLESAUCE 60 COOKIE 128 MILK 130
W K 2	MAY 13 MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	MAY 14 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE or BANANA 45 MILK 130	MAY 15 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 APPLESAUCE 50 or BANANA 45 MILK 130	MAY 16 MEATBALL SUB 328 Or HOT DOG SALAD 86 CARROT STIX 16 PEARS or BANANA MILK 130	MAY 17 PULLED PORK SANDWICH SALAD 86 CORN 67 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
W K 3	MAY 20 ORANGE CHICKEN RICE SALAD 86 BROCCOLI 8 CARROT STICK 16 PEACHES 60 or APPLE 40 MILK 130	MAY 21 TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS 60 or GRAPES MILK 130 Salsa 13	MAY 22 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 APPLESAUCE 50 MILK 130	MAY 23 TERIYAKI DIPPERS 161 BROWN RICE 112 SALAD 8 STEAMED BROCCOLI 8 CARROT STIX 8 PINEAPPLE 80 or BANANA 45 MILK 130	MAY 24 CHICKENBURGER 393 SALAD 86 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE MILK 130
	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 SPAGHETTI 312 BREADSTICK 68 SALAD 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	MAY 29 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 MIXED FRUIT or ORANGE 35 MILK 130	MAY 30 PIZZA 295 SALAD 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130	MAY 31 HAMBURGER w/cheese SALAD 86 TOMATO SLICE 12 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE MILK 130

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

	MONDAY APRIL 29	TUESDAY APRIL 30	WEDNESDAY MAY 1	THURSDAY MAY 2	FRIDAY MAY 3
W K 3	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
W K 1	MAY 6 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 7 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	MAY 8 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 9 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	MAY 10 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
W K 2	MAY 13 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 14 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	MAY 15 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 16 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	MAY 17 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
W K 3	MAY 20 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 21 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	MAY 22 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 23 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	MAY 24 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 29 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 30 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	MAY 31 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK

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

Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	APRIL 29 CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES 112 PEARS 160 GRAPES 110 MILK 130	APRIL 30 CORN DOG VEG BEANS FRESH SALAD 86 GREEN BEANS 25 APPLESAUCE 120 MILK 130	MAY 1 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	MAY 2 PULLED PORK SANDWICH 300 VEGGIE SALAD 86 VEGGIE BEANS 119 PINEAPPLE 120 BANANA 105 MILK 130	MAY 3 CHICKEN WRAP 308 or MEATBALL SUB FRESH SALAD 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130
	MAY 6 BURRITO 340 VEGE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130	MAY 7 ENCHILADA 396 FRESH SALAD BAR 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	MAY 8 CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES 100 PINEAPPLE or FRESH FRUIT MILK 130	MAY 9 MAC & CHEESE 300 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 ORANGE 70 MILK 130	MAY 10 CHICKEN NUGGETS FRESH SALAD BAR 86 BAKED FRIES 100 GREEN BEANS 25 APPLESAUCE 120 BANANA 35 COOKIE 128 MILK 130
W K 2	MAY 13 PIZZA 352 FRESH SALAD BAR 86 GREEN BEANS 25 PINEAPPLE APPLE 80 MILK 130	MAY 14 CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD BAR 86 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	MAY 15 DELI SANDWICH 404 VEG. BEANS VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 or FRESH FRUIT MILK 130	MAY 16 CHICKENBURGER 393 FRESH SALAD 86 BAKED FRIES 112 PEACHES BANANA 105 MILK 130	MAY 17 TERIYAKI DIPPERS 376 FRESH SALAD 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
W K 3	MAY 20 CHEESEBURGER 338 FRESH SALAD 86 BAKED FRIES 112 PEARS 160 GRAPES 110 MILK 130	MAY 21 ORANGE CHICKEN RICE FRESH SALAD 86 GREEN BEANS 25 APPLESAUCE 120 MILK 130	MAY 22 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	MAY 23 PULLED PORK SANDWICH 300 VEGGIE SALAD 86 VEGGIE BEANS 119 PINEAPPLE 120 BANANA 105 MILK 130	MAY 24 CHICKEN WRAP 308 or MEATBALL SUB FRESH SALAD 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130
	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 BURRITO FRESH SALAD BAR 86 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	MAY 29 CHICKENBURGER 367 FRESH SALAD 86 BAKED FRIES 100 PINEAPPLE or FRESH FRUIT MILK 130	MAY 30 MAC & CHEESE 300 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 ORANGE 70 MILK 130	MAY 31 CHICKEN NUGGETS FRESH SALAD BAR 86 BAKED FRIES 100 GREEN BEANS 25 APPLESAUCE 120 BANANA 35 COOKIE 128 MILK 130

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	APRIL 29 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	APRIL 30 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	MAY 1 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 2 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	MAY 3 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
	MAY 6 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 7 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130	MAY 8 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 9 BISCUIT 164 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35	MAY 10 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK
W K 2	MAY 13 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 14 PANCAKES 160 PEARS 160 or ORANGE 70 MILK 130	MAY 15 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 16 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	MAY 17 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK
W K 3	MAY 20 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 21 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130	MAY 22 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 23 MUFFIN PINEAPPLE 120 or APPLE 80 MILK 130	MAY 24 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK
	MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE MILK	MAY 29 BAGEL CREAM CHEESE PEACHES 140 or ORANGE MILK	MAY 30 BREAKFAST ROLL 321 YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	MAY 31 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK

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