

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

Calories Guidelines
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
W K 2	MAC & CHEESE BREAD GREEN BEANS BROCCOLI CARROT STIX PEACHES or APPLE MILK	CORNDOG BAKED FRIES VEGETARIAN BEANS CARROT STICK PEARS or GRAPES MILK	TERIYAKI DIPPERS BROWN RICE STEAMED BROCCOLI CARROT STIX PEACHES or APPLE MILK	CHICKEN NUGGETS FRIES BROCCOLI CARROT STIX APPLESAUCE MILK	CHICKENBURGER CARROT STIX MIXED FRUIT or ORANGE COOKIE MILK
	JUNE 10	JUNE 11	JUNE 12	JUNE 13	JUNE 14
W K 3	ORANGE CHICKEN BAKED FRIES BROCCOLI CARROT STIX PEARS or GRAPES MILK	TACOS GREEN BEANS CARROT STIX APPLESAUCE MILK 1	HOT DOG VEGETARIAN BEANS ROMAINE SALAD CARROT STIX PINEAPPLE or BANANA MILK	COOKS CHOICE	SACK LUNCH

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

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THRURSDAY	FRIDAY
	JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
W K 2	CEREAL BREAKFAST BAR PEARS or ORANGE MILK	CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	MUFFIN PEACHES or ORANGE MILK	YOGURT BREAKFAST BAR PINEAPPLE or APPLE MILK	CEREAL BREAKFAST BAR MIXED FRUIT MILK
	JUNE 10	JUNE 11	JUNE 12	JUNE 13	JUNE 14
W K 3	CEREAL BREAKFAST BAR PEARS or ORANGE MILK	CEREAL BREAKFAST BAR APPLESAUCE or APPLE MILK	MUFFIN PEACHES or ORANGE MILK	BAGEL PEARS MILK	CEREAL BREAKFAST BAR MIXED FRUIT MILK

The menu is subject to change due to food availability

Menu items JUNE 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
JUNE 2024**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
W K 2	MAC & CHEESE 422 BREAD 70 GREEN BEANS 25 BROCCOLI 8 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	COOKS CHOICE	BURRITO CORN SALAD BAR 86 CARROT STIX 16 PINEAPPLE 80 MILK 130	MEATBALL SUB FRIES BROCCOLI 8 CARROT STIX 8 APPLESAUCE 60 or BANANA 45 MILK 130	CHICKENBURGER SALAD CORN CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	JUNE 10	JUNE 11	JUNE 12	JUNE 13	JUNE 14
W K 3	ORANGE CHICKEN SALAD 86 BROCCOLI CARROTSTIX 16 PEARS 80 or APPLE 40 MILK 130	TACOS 488 SALAD 86 GREEN BEANS 25 CARROT STIX 16 PEARS or GRAPES MILK 130 Salsa 13	CHICKENBURGER 393 SALAD TOMATO SLICE CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 MILK 130	COOKS CHOICE	SACK LUNCH

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
W K 2	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	PANCAKE APPLESAUCE 120 or APPLE 80 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	BREAKFAST ROLL YOGURT PINEAPPLE 120 or APPLE 80 MILK 130	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130
	JUNE 10	JUNE 11	JUNE 12	JUNE 13	JUNE 14
W K 3	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	FRENCH TOAST PEARS 160 or ORANGE 70 MILK 130	BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	MUFFIN PINEAPPLE or APPLE MILK	CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	JUNE 3 PIZZA SALAD GREEN BEANS PINEAPPLE Or APPLE MILK	JUNE 4 CHICKEN GRAVY ON MASHED POTATOES 349 FRESH SALAD 86 CORN 67 BREADSTICK127 PEARS 160 GRAPES 110 MILK 130	JUNE 5 DELI SANDWICH 404 VEGGIE SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	JUNE 6 CHICKENBURGER 393 FRESH SALAD BAR 86 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	JUNE 7 TERIYAKI DIPPERS 376 or TACO CASSEROLE 258 FRESH SALAD 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
	W K 3	JUNE 10 SPAGHETTI 372 FRESH SALAD BAR 86 ORIENTAL SALAD 152 GREEN BEANS 25 APPLESAUCE 120 MILK 130	JUNE 11 CHEESEBURGER 338 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 PEARS 160 GRAPES 110 MILK 130	JUNE 12 BEEF NACHOS 562 FRESH SALAD 86 PEAS 62 APPLESAUCE 120 MILK 130	JUNE 13 PULLED PORK SANDWICH 300 VEGGIE SALAD BAR 86 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 2	JUNE 3 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JUNE 4 PANCAKES PEARS 160 or ORANGE 70 MILK 130	JUNE 5 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	JUNE 6 BISCUIT PINEAPPLE or APPLE MILK	JUNE 7 CEREAL 70 BREAKFAST BAR BANANA JUICE MILK 130
	W K 3	JUNE 10 CEREAL 70 BREAKFAST BAR APPLESAUCE 120 or APPLE 80 MILK 130	JUNE 11 FRENCH TOAST PEARS 160 or ORANGE 70 MILK 130	JUNE 12 BAGEL CREAM CHEESE PEACHES 140 or ORANGE 70 MILK 130	JUNE 13 MUFFIN APPLESAUCE 120 or APPLE 80 MILK 130

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