

GOLDENDALE PRIMARY SCHOOL
GRADES K-4
JANUARY 2020

Calories Guidelines
Grades K-4: 550-650

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	JANUARY 6 503 TOMATO or CHICKEN NOODLE SOUP 190 PEANUT BUTTER 140 or TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130 1 T Ranch 29	JANUARY 7 732 TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	JANUARY 8 670 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130 Ketchup (2) 20 Mustard 10 1 T Ranch 29	JANUARY 9 601 TERIYAKI DIPPERS 161 BREAD 70 BAKED FRIES 100 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20	JANUARY 10 747 CHICKENBURGER 393 CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 1	JANUARY 13 701 DELI SANDWICH 296 VEGETARIAN BEANS 119 CARROT STIX 16 PEACHES 70 or APPLE 40 JELLO 70 MILK 130	JANUARY 14 652 SPAGHETTI 312 BREADSTICK 68 ROMAINE SALAD 8 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130 1 T Ranch 29	JANUARY 15 605 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130	JANUARY 16 552 PIZZA 295 ROMAINE SALAD 8 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130 1 T Ranch 29 Ketchup (2) 20
W K 2		JANUARY 20 531 NO SCHOOL MARTIN LUTHER KING DAY	JANUARY 21 755 CORN DOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130 Ketchup (2) 20 Mustard 10	JANUARY 22 671 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 23 640 BURRITO w/SAUCE 346 CORN 67 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130
	W K 3	JANUARY 27 TOMATO or CHICKEN NOODLE SOUP 190 PEANUT BUTTER 140 or TUNA SANDWICH 94 BROCCOLI 8 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130 1 T Ranch 29	JANUARY 28 TACOS 488 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 MILK 130 Salsa 13	JANUARY 29 HOT DOG 286 VEGETARIAN BEANS 119 ROMAINE SALAD 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130 Ketchup (2) 20 Mustard 10 1 T Ranch 29	JANUARY 30 TERIYAKI DIPPERS 161 BREAD 70 BAKED FRIES 100 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20

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

BREAKFAST – GRADES K-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	JANUARY 6 612 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 7 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 8 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 9 586 CHEESE ZOMBIE 302 PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 10 443 OATMEAL 98 TOAST 115 BANANA 45 JUICE 56 MILK 130
	W K 1	JANUARY 13 610 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 14 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 15 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 16 582 BISCUIT 164 SAUSAGE 113 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35
W K 2		JANUARY 20 570 NO SCHOOL MARTIN LUTHER KING DAY	JANUARY 21 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 22 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 23 571 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130
	W K 3	JANUARY 27 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 28 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 29 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 30 CHEESE ZOMBIE 302 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, audiotape, etc.) should contact Lori Hackbarth 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
JANUARY 2019**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	JANUARY 6 503 TOMATO SOUP 52 or CHICKEN NOODLE PEANUT BUTTER 140 or TUNA SANDWICH 94 SALAD BAR 86 PEARS 80 or APPLE 40 MILK 130 1 T Ranch 29	JANUARY 7 732 TACOS BAR 488 REFRIED BEANS SALAD 86 GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 or GRAPES MILK 130 Salsa 13	JANUARY 8 670 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 9 601 TERIYAKI DIPPERS 161 RICE 112 SALAD BAR 8 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20	JANUARY 10 747 CHICKENBURGER 393 Or FISHWICH SALAD CARROT STIX 16 MIXED FRUIT 80 or ORANGE 35 COOKIE 128 MILK 130
	W K 1	JANUARY 13 701 DELI SANDWICH BAR 296 VEGETARIAN BEANS 119 SALAD 86 CARROT STIX 16 PEACHES 70 or APPLE 40 MILK 130	JANUARY 14 652 SPAGHETTI 312 BREADSTICK 68 SALAD BAR 68 GREEN BEANS 25 PEARS 80 or GRAPES 55 MILK 130	JANUARY 15 605 CHICKEN NUGGETS 218 BAKED FRIES 100 BROCCOLI 8 CARROT STIX 16 APPLESAUCE 60 MILK 130 Ketchup (2) 20	JANUARY 16 552 PIZZA 295 SALAD BAR 86 CARROT STIX 16 CORN 67 PINEAPPLE 60 or BANANA 45 MILK 130
W K 2		JANUARY 20 531 NO SCHOOL MARTIN LUTHER KING DAY	JANUARY 21 755 CORNDOG 280 BAKED FRIES 100 VEGETARIAN BEANS 119 PEAS 60 CARROT STIX 16 PEARS 80 or GRAPES 55 MILK 130	JANUARY 22 671 TURKEY GRAVY 337 on MASHED POTATOES BREADSTICK 68 PEAS 60 CARROT STIX 16 APPLESAUCE 60 or BANANA 45 MILK 130	JANUARY 23 640 MEATBALL SUB 328 Or HOTDOG 286 SALAD BAR 86 CARROT STIX 16 PINEAPPLE 60 MILK 130
	W K 3	JANUARY 27 TOMATO SOUP 52 or CHICKEN NOODLE PEANUT BUTTER 140 or TUNA SANDWICH 94 SALAD BAR 86 PEARS 80 or APPLE 40 MILK 130 1 T Ranch 29	JANUARY 28 TACOS BAR 488 SALAD 86 REFRIED BEANS GREEN BEANS 25 CARROT STIX 16 APPLESAUCE 60 or GRAPES MILK 130 Salsa 13	JANUARY 29 BURRITO W/SAUCE CORN 67 BROCCOLI 8 CARROT STIX 8 PINEAPPLE 60 or BANANA 45 MILK 130	JANUARY 30 TERIYAKI DIPPERS 161 RICE 112 SALAD BAR 8 STEAMED BROCCOLI 8 CARROT STIX 8 PEACHES 70 or APPLE 40 MILK 130 Ketchup (2) 20

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

BREAKFAST AVAILABLE AT THE PRIMARY SCHOOL DAILY FOR GRADES K-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	JANUARY 6 612 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 7 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 8 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 9 586 CHEESE ZOMBIE 302 PINEAPPLE 120 or APPLE 80 MILK 130	JANUARY 10 443 OATMEAL 98 TOAST 115 BANANA 45 JUICE 56 MILK 130
	W K 1	JANUARY 13 610 WAFFLES 200 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 14 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 15 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 16 582 BISCUIT 164 SAUSAGE 113 PINEAPPLE 120 or APPLE 80 MILK 130 Jelly 35
W K 2		JANUARY 20 570 NO SCHOOL MARTIN LUTHER KING DAY	JANUARY 21 434 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 22 454 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 23 571 BREAKFAST ROLL 321 PINEAPPLE 120 or APPLE 80 MILK 130
	W K 3	JANUARY 27 FRENCH TOAST 202 PEARS 160 or ORANGE 70 MILK 130 Syrup 120	JANUARY 28 CEREAL 70 TOAST 115 APPLESAUCE 120 or APPLE 80 MILK 130	JANUARY 29 CEREAL 70 TOAST 115 PEACHES 140 or ORANGE 70 MILK 130	JANUARY 30 CHEESE ZOMBIE 302 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, audiotape, etc.) should contact Lori Hackbarth 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 HIGH SCHOOL
GRADES 9-12
JANUARY 2019**

Calories Guidelines
Grades 9-12: 750-850

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W K 3	JANUARY 6 701 HOT HAM & CHEESE SANDWICH 319 or CHICKEN ALFREDO 372 FRESH SALAD BAR 86 ORIENTAL SALAD 152 GREEN BEANS 25 APPLESAUCE 120 MILK 130	JANUARY 7 652 CHICKEN POT PIE 344 or CHEESEBURGER 338 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	JANUARY 8 605 SOUP & SANDWICH 486 or BEEF NACHOS 562 FRESH SALAD BAR 86 ORIENTAL SALAD 152 PEAS 62 APPLESAUCE 120 MILK 130	JANUARY 9 552 PULLED PORK SANDWICH 300 or FRENCH TOAST & SAUSAGE w/SYRUP 854 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	JANUARY 10 704 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	JANUARY 13 531 CHICKEN STIR-FRY 205 or BURRITO 340 FRESH SALAD BAR 86 VEGE SALAD 68 BAKED FRIES 112 PEACHES 140 APPLE 80 MILK 130	JANUARY 14 755 TACO 490 or ENCHILADO 396 FRESH SALAD BAR 86 VEGE SALAD 68 REFRIED BEANS 90 PEARS 160 GRAPES 110 MILK 130	JANUARY 15 671 CHICKENBURGER 367 or SPANISH CASSEROLE 233 FRESH SALAD BAR 86 VEGE SALAD 68 GREEN BEANS 25 APPLESAUCE 120 ORANGE 35 MILK 130	JANUARY 16 640 MAC & CHEESE 300 or CHICKEN FAJITA 172 FRESH SALAD BAR 86 VEGE SALAD 68 BREADSTICK 68 PEAS 62 MIXED FRUIT 160 BANANA 36 MILK 130	JANUARY 17 631 SLOPPY JOE 262 OR FISH SANDWICH 352 FRESH SALAD BAR 86 BAKED FRIES 112 PINEAPPLE 120 ORANGE 35 COOKIE 128 MILK 130
W K 2	JANUARY 20 455 NO SCHOOL MARTIN LUTHER KING DAY	JANUARY 21 732 CHICKEN GRAVY ON MASHED POTATOES 349 or CHEESEBURGER 338 FRESH SALAD BAR 86 ORIENTAL SALAD 152 CORN 67 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	JANUARY 22 670 CHILI DOG 252 or DELI SANDWICH 404 FRESH SALAD BAR 86 ORIENTAL SALAD 152 PEAS 62 APPLESAUCE 120 MILK 130	JANUARY 23 601 LASAGNA 368 or CHICKENBURGER 393 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	JANUARY 24 747 TERIYAKI DIPPERS 376 or TACO CASSEROLE 258 FRESH SALAD BAR 86 CORN 67 MIXED FRUIT 160 ORANGE 70 COOKIE 128 MILK 130
W K 3	JANUARY 27 HOT HAM & CHEESE SANDWICH 319 or CHICKEN ALFREDO 372 FRESH SALAD BAR 86 ORIENTAL SALAD 152 GREEN BEANS 25 APPLESAUCE 120 MILK 130	JANUARY 28 CHICKEN POT PIE 344 or CHEESEBURGER 338 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 BREADSTICK 127 PEARS 160 GRAPES 110 MILK 130	JANUARY 29 SOUP & SANDWICH 486 or BEEF NACHOS 562 FRESH SALAD BAR 86 ORIENTAL SALAD 152 PEAS 62 APPLESAUCE 120 MILK 130	JANUARY 30 PULLED PORK SANDWICH 300 or FRENCH TOAST & SAUSAGE w/SYRUP 854 FRESH SALAD BAR 86 ORIENTAL SALAD 152 BAKED FRIES 112 PINEAPPLE 120 BANANA 105 MILK 130	JANUARY 31 MEATBALL SUB 328 or CHICKEN WRAP 308 FRESH SALAD BAR 86 CORN 67 MIXED FRUIT 160 or ORANGE 70 COOKIE 128 MILK 130

BREAKFAST AVAILABLE AT THE PRIMARY SCHOOL DAILY FOR GRADES K-12

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 Lori Hackbarth 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.