2023 - 2024 School Year Charter School Menus Cycle 2 – Week 1

Quantities for Weekly		In Accordance with USDA School Lunch & Breakfast Program JKC Cycle Menu 2023 - 2024 School Year						
			Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	
Meal		**Components**						
Breakfast								
		Milk (1% or Skim)	Milk	Milk	Milk	Milk	Milk	
		Fresh Fruit or 100% Fruit Juice	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
		Whole Grain Cereal or…	WW Cereal	Snack'em Waffle	WW Cereal	Cinnamon Swirl Buns	Breakfast Break Packet	
		Whole Grain Bread	Smart Muffin (1 per)		Fruited B-fast Bar (1 per)			
		Other		**Syrup Cup**			**Yogurt Cup**	
Lunch		**Components**	**Turkey Hot Dog**	**"Taco Tuesday"**	**Sweet & Sassy Ranch Chicken Wrap**	**Baked Ziti & Meatballs**	**Pizza Friday**	
		Milk	Milk	Milk	Milk	**Milk**	Milk	
		Meat or Alternate	Turkey Hot	*Ground Beef & *Ground Turkey *Cheddar Cheese	*Chicken *Shredded *Cheddar	*Meatballs *Mozzarella Cheese	*Lo Fat Shredded Mozzarella Cheese	
		Vegetable	*French Fries *Confetti Coleslaw with Pineapple Tidbits	*Diced Tomato *Shredded Lettuce ***Mexicali Corn:** (hot) Blk Beans, Red Pepper, Corn & Sautéed Onion (¾ c)	*Shredded Lettuce *Veggie Mac Salad *Tater Barrels	*Marinara Tomato Sauce ***Garden Salad:** Spinach, Cucs, Chick Peas, Iceberg, Purple Cabbage, Carrot	*Pizza Tomato Sauce Baby Carrots with Ranch Dip	
		Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
		Grain/Enriched Whole Grain	Hot Dog Roll	WW Tortilla Shell	WW Wrap	WW Ziti	WW Pizza Crust	
		Other	Ketchup x2		Sweet & Sassy Sauce	Salad Dressing	Ranch Dressing	
		Other	Mustard	Salsa	Dressing for Pasta			
				Total Portion on MAC:	Ketchup for Tots Ranch & Mayo for Chicken	**Total Portion on MAC:**		
				1 Cup		**1 Cup**		