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

Quantities for		In Accordance with USDA School Lunch & Breakfast Program					
Weekly	Daily	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… (1-2 Equivalent)	WW Cereal (1 per)	Breakfast Break Packets	WW Cereal (1 per)	WW Cinnamon Rolls	WW Flavored Muffin (1 per)
		Whole Grain Bread	Mini Muffin (1 per)		Fruited B-fast Bar (1 per)		
		Other					Yogurt Cup
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Lunch		Components	Chicken Nuggies Mac & Cheese	Crazy Lasagna	Pigs in a Blanket	Buffalo Chix Mac & Cheese	Pizza Friday
		Milk	Milk	Milk	Milk	Milk	Milk
		Meat or Alternate	*Chicken Nuggies *Cheddar Cheese (in Mac)	*Ground Turkey *Ground Beef *Shredded *Mozzarella Cheese	*Turkey Sausage Pattie *American Cheese (1 Slice)	*Diced Chicken *Cheddar Cheese *Cheese Sauce	*Lo-Fat Shredded Mozzarella
		Vegetable	***Broccoli Mac & Cheese** (3/4 c) *Carrot Stix-Cold (½ c) *White Bean paste & Broccoli in Mac & Cheese	*Diced Tomatoes, Onion, Celery, Carrot (½ c) *Garlicky Green Beans with Onion & Red Pepper (½ c) *Marinara Sauce	***Cheesy Hashbrown Casserole:** (3/4 c) Shredded Potatoes, Sauteed Celery, Onion & Shredded Cheese	*Sautéed Onion, Celery Puree & White Bean Puree (in the mac & cheese) (¼c) *Hot Veggie Blend (¾ c)	*Pizza Tomato Sauce (¼ c) *Baby Carrots & Dip (½ c)
		Fruit (1c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Grain/Enriched Whole Grain	*WW Pasta *Breading on Nuggies	*WW Cavatappi *WW Bread Stix	*WW Pancakes (2 each)	*WW Pasta (½ c) *Dinner Roll	*WW Pizza Crust
		Other	*Hot Sauce *BBQ Sauce *Ketchup	*Parm Cheese	*Maple Syrup Cup *Ketchup for Hashbrowns	Cheese Sauce Frank's Red Hot	Ranch Dip
		Other	**Total Portion on MAC:**	**Total Portion on MAC:**		**Total Portion on MAC:**	
			3/4 Cup	**1 Cup**		**1 Cup**	