2023 - 2024 School Year Charter School Menus Cycle 2 – Week 5

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 Flavored Breakfast Bread (1 per)	Breakfast Break Packets (1 per)	WW Cereal (1 per)	WW Apple Strudel	WW Flavored Muffin (1 per)
		Whole Grain Bread			Fruited B-fast Bar (1 per)		
		Other					**Yogurt Cup**
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Lunch		**Components**	**Sloppy Joe**	**Fiesta Chicken Pasta**	**French Toast Stix**	**Cheeseburger Mac & Cheese**	**Pizza Friday**
		Milk	Milk	Milk	Milk	Milk	Milk
		Meat or Alternate	*Ground Beef *Shredded Cheddar Cheese	*Diced Chicken *Mozzarella Cheese *Shredded Cheddar *Black Beans (m/a)	*Turkey B-fast Sausage Pattie (1) 2oz *Shredded Cheddar in Potatoes	*Ground Beef *Cheddar Cheese *Ground Turkey	*Lo-Fat Shredded Mozzarella
		Vegetable	***Festive Broccoli Salad:** Broccoli Florets, Shredded Cabbage, Shredded Carrots, Craisins, Raisins (½ c) ***Tater Tots** (½ c)	*Diced Tomatoes, Sauteed Onion, Blk Beans, Asst. Peppers (½ c) ***Garden Salad:** Cucs, Spinach, Chick Peas, Carrots, Romaine, Purple Cabbage, Tomato (1 c)	***Cheesy Hashbrown Breakfast Casserole** Shredded Potatoes, Sauteed Onion, Sauteed Celery, Diced Peppers (¾ c)	*Sauteed Onion, Tomato, Green Pepper, White Bean Puree (in Pasta) (½ c) ***French Fries** (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 Hamburger Bun	*WW Cavatappi *WW Bread Stix	*WW French Toast Stix (4 per student)	*WW Pasta (½ c)	*WW Pizza Crust
		Other Ingredients	*Sloppy Joe Sauce *Coleslaw Dressing for Salad	*Bechamel Sauce, Taco/Chili Seasoning *Salad Dressing	*Maple Syrup Cup	Cheese Sauce, Relish, Mustard, Ketchup (in pasta)	
		Other: Condiments	*Ketchup Packets	**Total Portion on MAC:**		**Total Portion on MAC:**	Ranch Dip Packet
				1 Cup		**1 Cup**	