2023 - 2024 School Year Charter School Menus Cycle 2 – Week 6

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**	**Mongolian Meatballs & Stir Fry Rice**	**Rosie Blush Chicken Pasta**	**Chicken & Waffles!**	**Cincinnati Chili "Spaghetti"**	**Pizza Friday**
		Milk	Milk	Milk	Milk	Milk	Milk
		Meat or Alternate	*Ground Beef (Meatballs)	*Diced Chicken *Mozzarella Cheese *Tuscan White Beans (m/a)	*Chicken Tenders	*Ground Beef *Cheddar Cheese *Ground Turkey	*Lo-Fat Shredded Mozzarella
		Vegetable	***Veggie Stir-Fried Rice:** Broccoli, Nappa Cabbage, Shredded Carrots, Red Pepper, Water Chestnuts (½ c) ***Veggies in Rice** Carrot, Corn, Peas (¼ c)	*Diced Tomatoes, Sauteed Onion, Tuscan White Beans, Spinach (½ c) ***Garlicky Cut Green Beans:** (½ c)	***Spicy Breakfast Po'Tots!** Breakfast Home Fried Potatoes, Sauteed Onion, Diced Peppers (¾ c)	*Onion, Tomato, Green Pepper, Kidney Beans (in Pasta) (½ c) ***Garden Salad:** Spinach, Romaine, Chickpeas, Carrot, Purple Cabbage, Cucs, Tomato(1 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	*Brown Rice (½ c)	*WW Cavatappi *WW Bread Stix	*WW Waffle (1 each) *WW Breading on Chix	*WW Pasta (½ c) *Cornbread Square (1 pc.)	*WW Pizza Crust
		Other	*Mongolian BBQ Sauce *Pineapple & Peppers in Sauce	*Parm Cheese *Salad Dressing	*Maple Syrup Cup *Ketchup for Home Fries	Chili Spice & Other Seasoning (in pasta)	Ranch Dip
		Other		**Total Portion on MAC:**		**Total Portion on MAC:**	
				1 Cup		**1 Cup**	