2023 - 2024 School Year Charter School Menus Cycle 3 – 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**			
Lunch		**Components**	**Chili Cheese Hot Dog**	**"Taco Tuesday"**	**BBQ Pulled Turkey Wrap**	**Baked Ziti & Meatballs**	**Pizza Friday**
		Milk	Milk	Milk	Milk	**Milk**	Milk
		Meat or Alternate	*All Beef Hot Dog *Shredded Cheddar Cheese	*Ground Beef & *Ground Turkey *Cheddar Cheese	*Pulled Turkey *Shredded Cheddar	*Meatballs *Mozzarella Cheese	*Lo Fat Shredded Mozzarella Cheese
		Vegetable	*French Fries *Veggie Mac Salad *Red Beans. Tomato, Onion & Pepper in Chili	*Diced Tomato *Shredded Lettuce ***Mexicali Corn:** (hot) Blk Beans, Red Pepper, Corn & Sautéed Onion (¾ c)	*Shredded Lettuce *Confetti Coleslaw with Pineapple *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, Mustard		Texas Style BBQ Sauce	Salad Dressing	Ranch Dressing
		Other		Salsa	Dressing for Slaw		
					Ketchup for Tots	**Total Portion on MAC:**	
						1 Cup	