2023 - 2024 School Year Charter School Menus Cycle 3 – 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**	**Cajun Chicken Nuggets**	**Chicken Fajita Pasta**	**Pigs in a Blanket**	**Sloppy Joe Mac & Cheese**	**Pizza Friday**	
		Milk	Milk	Milk	Milk	Milk	Milk	
		Meat or Alternate	*Chicken Nuggets *Beans (in Rice)	*Diced White Meat Chicken *Shredded Cheddar Cheese	*Turkey Sausage Pattie *American Cheese (1 Slice)	*Ground Beef *Ground Turkey *Cheese Sauce *Shredded Cheddar Cheese	*Lo-Fat Shredded Mozzarella	
		Vegetable	***Red Beans & Rice** (3/4 c) *Carrot Stix-Cold (½ c)	*(In the pasta) Diced Tomatoes, Onion, Corn, Blk Beans (½ c) *Garlicky Green Beans with Onion (½ c) *Salsa Sauce	***Cheesy Hashbrown Casserole:** (3/4 c) Shredded Potatoes, Sauteed Celery, Onion & Shredded Cheese	*Sautéed Onion, Tomato, Pepper & White Bean Puree (in the mac & cheese) (¼c) ***Garden Salad:** Spinach, Cucs, Chick Peas, Iceberg, Purple Cabbage, Carrot	*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 Rice *Breading on Nuggies	*WW Cavatappi *WW Tortilla Chips	*WW Pancakes (2 each)	*WW Pasta (½ c)	*WW Pizza Crust	
		Other	*Hot Sauce *Ketchup	*Cheddar Cheese	*Maple Syrup Cup *Ketchup for Hashbrowns	Cheese Sauce Sloppy Joe Sauce	Ranch Dip	
		Other		**Total Portion on MAC:**		**Total Portion on MAC:**		
				1.25 Cup		**1 Cup**		