2023 - 2024 School Year Charter School Menus Cycle 3 – Week 3

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	Apple Strudel Bar (1 ea)	WW Cereal	Breakfast Break Packet	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	Magical Meatball Sub	Taco JOE	Chicken Fried Rice	Country Sweet Pulled Chicken Wrap	Pizza Friday
		Milk	Milk	Milk	Milk	Milk	Milk
		Meat or Alternate	*Beef Meatballs *Mozzarella Cheese	*Ground Turkey *Ground Beef *Shredded Cheddar Cheese	*Diced White & Dark Meat Chicken	*Pulled Chicken *Cheddar Cheese	Lo-Fat Shredded Mozzarella
		Vegetable	*Marinara Sauce *Krinkle Kut French Fries *<u>**Garden Salad**</u>: Romaine, Iceberg Lettuce, Carrot, Cabbage, Chick Pea, Cucumber, Baby Spinach	*Tomatoes, Peppers, and Onions * Spicy Tater Tots (½ c) *Mexican Street Corn Salad w/ blk. beans (cold) (¼ c)	*Oriental Broccoli Veggie Stir Fry (½ c) *Stir Fried Rice Veggies: Peas, Diced Carrot & Corn (½ c – total)	*Crispy Seasoned Potato Wedges ***Broccoli Salad:** Broccoli Florets, Shredded Cabbage, Shredded Carrots, Craisins, Raisins (½ c)	*Pizza Tomato Sauce *Baby Carrots & Dip
		Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Grain/Enriched Whole Grain	*WW Hot Dog Roll	*WW Hamburger Roll	*Brown Rice	*WW Wrap	*WW Pizza Crust
		Other	*Mayo/Mustard Ketchup *Ranch Dip	*Taco Seasoning *Salsa *Taco Sauce	*Stir-Fry Sauce *Soy Sauce	Country Sweet Sauce	Ranc0h Dip
		Other					