

Walden School Cycle Breakfast Menu for 2017/18

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Yogurt Granola Bagels w/Cream Cheese Juice Assorted Fruit Bar	3 Yogurt Pancakes w/Syrup Juice Assorted Fruit Bar	4 Yogurt Granola Cinnamon Roll Juice Assorted Fruit Bar	5 Yogurt Granola French Toast w/Syrup Fruit Bar Juice Assorted	6 Yogurt Granola Muffin Juice Assorted Fruit Bar	Calories 536 Cholesterol 41 mg Sodium 436 mg Dietary Fiber 6.03 g Iron 2.21 mg Calcium 555.89 mg Vitamin A 1090 IU Vitamin C 45.93 mg Sugars 54.12 g 40.4% Protein 18.60 g 13.9% Carbohydrate 103.71 g 77.4% Total Fat 7.98 g 13.4% Saturated Fat 2.92 g 4.9%

This institution is an equal opportunity employer and provider.

Walden School is a CEP school.

Meals are available to all students at no cost.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.