

Walden School Lunch Menu for October 2017

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Buffalo Chicken BBQ Chicken Veg. Bean Soup Biscuit Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	3 Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	4 Hot Turkey Sandwich Mashed Potato Chicken Gravy Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	5 Beef Burrito Bean Burrito Sw. Pot. Home Fries Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	6 Assorted Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 643 Cholesterol 83 mg Sodium 1156 mg Dietary Fiber 10.30 g Iron 4.22 mg Calcium 546.31 mg Vitamin A 6566 IU Vitamin C 54.15 mg Sugars 33.33 g 20.7% Protein 35.13 g 21.8% Carbohydrate 92.51 g 57.5% Total Fat 16.45 g 23.0% Saturated Fat 6.08 g 8.5%
9 Chicken Soup Cheese Bread Stick Marinara Sauce Pasta Garlic Kale Sautee Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	10 Sheperd's Pie Biscuit Egg Salad Sand. Fiesta Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	11 "Caron's" Seasoned Capon Rice Stir Fry Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	12 Chicken Patty Sandwich Red Bliss Potato Salad Garden Salad Fruit Bar Milk, Assorted	13 NO SCHOOL TODAY	Calories 580 Cholesterol 57 mg Sodium 786 mg Dietary Fiber 9.27 g Iron 3.95 mg Calcium 521.02 mg Vitamin A 5888 IU Vitamin C 76.02 mg Sugars 32.02 g 22.1% Protein 32.03 g 22.1% Carbohydrate 80.82 g 55.7% Total Fat 15.64 g 24.3% Saturated Fat 4.49 g 7.0%
16 NO SCHOOL TODAY	17 Sloppy Taco Beef Burrito Refried Beans Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	18 Pasta Meat Sauce Marinara Sauce Sesame Green Beans Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	19 Fishwich Cheese Bread Stick Kale Chips Cole Slaw Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	20 Assorted Pizza Sugar Snap Peas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 645 Cholesterol 52 mg Sodium 791 mg Dietary Fiber 11.03 g Iron 5.24 mg Calcium 639.05 mg Vitamin A 6558 IU Vitamin C 95.49 mg Sugars 31.71 g 19.7% Protein 33.76 g 20.9% Carbohydrate 91.58 g 56.8% Total Fat 17.92 g 25.0% Saturated Fat 6.93 g 9.7%
23 Hamburger Bar Cheeseburger Gardenburger Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	24 Hot Ham & Cheese Twisted Chicken Cass Roasted Cauliflower w/Tumeric Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	25 Tuna Melt Chicken Stew Biscuit Colima Style Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	26 Sloppy Joe w/Roll Chicken Caesar Wrap "Colonel" Corn Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	27 Assorted Flatbread Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 649 Cholesterol 62 mg Sodium 990 mg Dietary Fiber 10.98 g Iron 4.20 mg Calcium 539.34 mg Vitamin A 4654 IU Vitamin C 66.85 mg Sugars 32.32 g 19.9% Protein 34.18 g 21.0% Carbohydrate 91.35 g 56.3% Total Fat 18.93 g 26.2% Saturated Fat 6.54 g 9.1%
30 Buffalo Chicken BBQ Chicken Veg. Bean Soup Biscuit Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	31 Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted				Calories 696 Cholesterol 141 mg Sodium 1498 mg Dietary Fiber 10.98 g Iron 4.69 mg Calcium 435.25 mg Vitamin A 4084 IU Vitamin C 49.81 mg Sugars 34.15 g 19.6% Protein 41.29 g 23.7% Carbohydrate 92.63 g 53.2%

USDA is an equal opportunity employer and provider.
Walden is a Community Eligible Provision school.
All students receive all meals 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.