

## Walden School Lunch Menu for April 2018.

### Complimentary Fresh Fruit or Vegetable Snack Available Daily.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Hot Turkey Sandwich Mashed Potato Chicken Gravy Milk, Assorted Garden Salad Fresh Whole Fruit Cut Fruit	3 Beef Burrito Refried Beans Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted Salsa	4 Tuna Melt Sweet Potato Fries Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	5 Pasta Marinara Sauce Meat Sauce Italian Style Vegetables Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	6 Assorted Pizza Rst'd Pizza Veggies Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 549 Cholesterol 45 mg Sodium 792 mg Dietary Fiber 9.38 g Iron 3.82 mg Calcium 566.12 mg Vitamin A 5531 IU Vitamin C 47.31 mg Sugars 27.47 g 20.0% Protein 28.98 g 21.1% Carbohydrate 77.50 g 56.4% Total Fat 15.26 g 25.0% Saturated Fat 5.94 g 9.7%
9 Chicken & Corn Chowder Bread Stick Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	10 Hoagie Sand. Day Fiesta Salad Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	11 Sloppy Taco Refried Beans Rice Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	12 Chicken Patty Sandwich Red Bliss Potato Salad Garden Salad Fresh Whole Fruit Milk, Assorted	13 SPRING BREAK	Calories 650 Cholesterol 66 mg Sodium 992 mg Dietary Fiber 10.19 g Iron 4.13 mg Calcium 581.15 mg Vitamin A 4091 IU Vitamin C 49.84 mg Sugars 31.14 g 19.2% Protein 35.45 g 21.8% Carbohydrate 86.86 g 53.4% Total Fat 17.41 g 24.1% Saturated Fat 5.89 g 8.2%
16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%
23 Hamburger Bar Cheeseburger Veg. Baked Beans Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	24 Chicken Club Wrap Broccoli Salad Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	25 Shepherd's Pie Bread Stick Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	26 Mac & Cheese Pretty Pretty P"leas Rice Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	27 Assorted Pizza Carrots Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 509 Cholesterol 52 mg Sodium 759 mg Dietary Fiber 7.68 g Iron 3.07 mg Calcium 527.81 mg Vitamin A 8128 IU Vitamin C 39.96 mg Sugars 28.98 g 22.8% Protein 28.93 g 22.7% Carbohydrate 72.17 g 56.7% Total Fat 13.15 g 23.2% Saturated Fat 5.20 g 9.2%
30 Chicken Soup Remarkable Rolls Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted					Calories 555 Cholesterol 51 mg Sodium 726 mg Dietary Fiber 8.86 g Iron 4.04 mg Calcium 354.83 mg Vitamin A 7527 IU Vitamin C 42.24 mg Sugars 26.46 g 19.1%

Protein 28.34 g 20.4%
Carbohydrate 85.29 g 61.4%
Total Fat 12.08 g 19.6%
Saturated Fat 2.69 g 4.4%

USDA is an equal opportunity employer and provider.  
Walden is a Community Eligible Provision school.  
All students receive all meals at no cost.  
Menu is subject to change without notice.

\*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.