

Walden School Lunch Menu for December 2017.

Complimentary Fresh Fruit or Vegetable Snack Available Daily.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 Assorted Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 600 Cholesterol 51 mg Sodium 832 mg Dietary Fiber 8.62 g Iron 3.73 mg Calcium 762.11 mg Vitamin A 5006 IU Vitamin C 57.76 mg Sugars 32.29 g 21.5% Protein 30.50 g 20.3% Carbohydrate 83.45 g 55.6% Total Fat 17.33 g 26.0% Saturated Fat 8.60 g 12.9%
4 Chicken & Corn Chowder Bread Stick Middle Eastern Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	5 Sheperd's Pie Biscuit Egg Salad Sand. Fiesta Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	6 "Caron's" Seasoned Capon Rice Stir Fry Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	7 Baked Potato Chili Con Carne Broccoli Cornbread Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	8 Pizza w/ Asst. Toppings Roasted Beets Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 627 Cholesterol 63 mg Sodium 887 mg Dietary Fiber 9.10 g Iron 3.92 mg Calcium 606.23 mg Vitamin A 4639 IU Vitamin C 66.49 mg Sugars 35.76 g 22.8% Protein 33.34 g 21.3% Carbohydrate 91.64 g 58.5% Total Fat 15.65 g 22.5% Saturated Fat 6.16 g 8.8%
11 Chicken Parm. Pasta Marinara Sauce Garlic & Lemon Broccoli Garden Salad Fresh Cubed Fruit Assted Fresh Whole Fruit Milk, Assorted	12 Sloppy Taco Beef Burrito Refried Beans Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	13 Pasta Meat Sauce Marinara Sauce Sesame Green Beans Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	14 Fishwich Cheese Bread Stick Home Fries Marinara Sauce Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	15 Assorted Pizza Roasted Beets Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 648 Cholesterol 52 mg Sodium 820 mg Dietary Fiber 10.66 g Iron 4.69 mg Calcium 578.29 mg Vitamin A 4154 IU Vitamin C 66.81 mg Sugars 34.76 g 21.4% Protein 32.72 g 20.2% Carbohydrate 93.06 g 57.4% Total Fat 18.53 g 25.7% Saturated Fat 6.51 g 9.0%
18 Hamburger Bar Cheeseburger Gardenburger Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	19 Hot Ham & Cheese Twisted Chicken Cass Roasted Cauliflower w/Tumeric Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	20 Tuna Melt Chicken Pot Pie/Biscuit Biscuit Roasted Carrots & Tom. Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	21 Assorted Flatbread Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	22 WINTER VACATION	Calories 645 Cholesterol 63 mg Sodium 1068 mg Dietary Fiber 10.96 g Iron 4.03 mg Calcium 610.51 mg Vitamin A 6411 IU Vitamin C 65.97 mg Sugars 32.69 g 20.3% Protein 34.46 g 21.4% Carbohydrate 87.50 g 54.2% Total Fat 19.91 g 27.8% Saturated Fat 7.46 g 10.4%
25 WINTER VACATION	26 WINTER VACATION	27 WINTER VACATION	28 WINTER VACATION	29 WINTER VACATION	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%
					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%

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.