

## Walden School Lunch Menu for January 2018.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1  WINTER VACATION	2  Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	3  Hot Turkey Sandwich Mashed Potato Chicken Gravy Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	4  Pork Stew Vegetable Quesadilla Biscuit Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	5  Assorted Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 587 Cholesterol 51 mg Sodium 760 mg Dietary Fiber 10.23 g Iron 4.05 mg Calcium 526.93 mg Vitamin A 5661 IU Vitamin C 55.14 mg Sugars 33.79 g 23.0% Protein 31.64 g 21.6% Carbohydrate 89.31 g 60.9% Total Fat 13.13 g 20.1% Saturated Fat 5.19 g 8.0%
8  Chicken & Corn Chowder Bread Stick Middle Eastern Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	9  Sheperd's Pie Biscuit Egg Salad Sand. Fiesta Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	10  "Caron's" Seasoned Capon Rice Stir Fry Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	11  Baked Potato Chili Con Carne Broccoli Cornbread Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	12  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%
15  NO SCHOOL TODAY IN-SERVICE	16  Chicken Parm. Pasta Marinara Sauce Garlic & Lemon Broccoli Garden Salad Fresh Cubed Fruit Assted Fresh Whole Fruit Milk, Assorted	17  Sloppy Taco Beef Burrito Refried Beans Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	18  Fishwich Cheese Bread Stick Home Fries Marinara Sauce Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	19  Assorted Pizza Roasted Beets Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 640 Cholesterol 52 mg Sodium 906 mg Dietary Fiber 10.06 g Iron 4.43 mg Calcium 618.32 mg Vitamin A 4216 IU Vitamin C 69.28 mg Sugars 32.74 g 20.5% Protein 32.51 g 20.3% Carbohydrate 88.96 g 55.6% Total Fat 19.22 g 27.1% Saturated Fat 6.85 g 9.6%
22  Hamburger Bar Cheeseburger Gardenburger Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	23  Hot Ham & Cheese Twisted Chicken Cass Roasted Cauliflower w/Tumeric Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	24  Tuna Melt Chicken Pot Pie/Biscuit Biscuit Roasted Carrots & Tom. Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	25  Sloppy Joe w/Roll Chicken Caesar Wrap "Colonel" Corn Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	26  Assorted Flatbread Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 665 Cholesterol 64 mg Sodium 997 mg Dietary Fiber 11.04 g Iron 4.20 mg Calcium 563.46 mg Vitamin A 6158 IU Vitamin C 63.86 mg Sugars 32.55 g 19.6% Protein 34.52 g 20.8% Carbohydrate 91.91 g 55.3% Total Fat 20.14 g 27.3% Saturated Fat 7.08 g 9.6%
29  Pork Stew Vegetable Quesadilla Biscuit Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	30  Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit	31  Hot Turkey Sandwich Mashed Potato Chicken Gravy Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted			Calories 582 Cholesterol 51 mg Sodium 736 mg Dietary Fiber 10.77 g Iron 4.15 mg Calcium 448.54 mg Vitamin A 5879 IU Vitamin C 54.27 mg Sugars 34.29 g 23.6%

	Milk, Assorted				Protein 32.02 g 22.0% Carbohydrate 91.26 g 62.7% Total Fat 11.73 g 18.1% Saturated Fat 4.05 g 6.3%
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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.