

## Walden School Lunch Menu for June 2018.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 Assorted Pizza Slice Mixed Vegetables Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 738 Sodium 1093 mg Iron 4.30 mg Calcium 985.52 mg Vitamin A 9600 IU Vitamin C 34.84 mg Sugars 29.17 g 15.8% Protein 38.76 g 21.0% Carbohydrate 99.64 g 54.0% Total Fat 21.61 g 26.4% Saturated Fat 10.19 g 12.4%
4 Hamburger Bar Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	5 Chicken Club Wrap Green Bean Cass. Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	6 Shepherd's Pie Bread Stick Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	7 Mac & Trees Pretty Pretty P"leas Rice Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	8 Assorted Pizza Slice Carrots Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 622 Sodium 994 mg Iron 3.99 mg Calcium 652.18 mg Vitamin A 10135 IU Vitamin C 36.09 mg Sugars 29.31 g 18.8% Protein 34.96 g 22.5% Carbohydrate 86.58 g 55.6% Total Fat 16.66 g 24.1% Saturated Fat 6.43 g 9.3%
11 SMORGASBORD	12 SMORGASBORD	13 HAPPY SUMMER	14	15	Calories 0 Sodium 0 mg 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%

This institution is an equal opportunity 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.