

Walden School Lunch Menu for March 2018.

Complimentary Fresh Fruit or Vegetable Snack Available Daily.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 WINTER VACATION	2 WINTER VACATION	Calories *N/A* Cholesterol *N/A* mg Sodium *N/A* mg Dietary Fiber *N/A* g Iron *N/A* mg Calcium *N/A* mg Vitamin A *N/A* IU Vitamin C *N/A* mg Sugars *N/A* g *N/A%* Protein *N/A* g *N/A%* Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
5 WINTER VACATION	6 WINTER VACATION	7 Hot Turkey Sandwich Mashed Potato Chicken Gravy Sandwich Bar Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	8 Chicken a la King Rice Pilaf Broccoli Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	9 Assorted Pizza Pretty Pretty P"leas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 615 Cholesterol 53 mg Sodium 959 mg Dietary Fiber 9.14 g Iron 3.59 mg Calcium 553.36 mg Vitamin A 4650 IU Vitamin C 61.67 mg Sugars 38.10 g 24.8% Protein 32.02 g 20.8% Carbohydrate 93.79 g 61.0% Total Fat 14.12 g 20.7% Saturated Fat 5.03 g 7.4%
12 Chicken & Corn Chowder Bread Stick Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	13 Sheperd's Pie Biscuit Fiesta Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	14 "Caron's" Seasoned Capon Rice Stir Fry Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	15 Baked Potato Chili Con Carne Broccoli Cornbread Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	16 Pizza w/ Asst. Toppings Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 613 Cholesterol 61 mg Sodium 861 mg Dietary Fiber 8.52 g Iron 3.75 mg Calcium 600.28 mg Vitamin A 4558 IU Vitamin C 65.77 mg Sugars 35.20 g 22.9% Protein 33.04 g 21.5% Carbohydrate 89.94 g 58.6% Total Fat 15.02 g 22.0% Saturated Fat 6.09 g 8.9%
19 Chicken Parm. Pasta Marinara Sauce Garlic & Lemon Broccoli Garden Salad Fresh Cubed Fruit Assted Fresh Whole Fruit Milk, Assorted	20 Sloppy Taco Refried Beans Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	21 Pasta Meat Sauce Marinara Sauce Green Beans Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	22 Fishwich Home Fries Marinara Sauce Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	23 Assorted Pizza Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 652 Cholesterol 50 mg Sodium 897 mg Dietary Fiber 10.43 g Iron 4.69 mg Calcium 562.17 mg Vitamin A 4171 IU Vitamin C 67.17 mg Sugars 34.93 g 21.4% Protein 32.98 g 20.2% Carbohydrate 94.99 g 58.3% Total Fat 17.80 g 24.6% Saturated Fat 5.89 g 8.1%
26 Hamburger Bar Cheeseburger Gardenburger Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit	27 Hot Ham & Cheese Roasted Cauliflower w/Tumeric Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit	28 Tuna Melt Chicken Pot Pie/Biscuit Rice Roasted Carrots & Tom. Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit	29 Sloppy Joe w/Roll "Colonel" Corn Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	30 Assorted Flatbread Pizza Pretty Pretty P"leas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 634 Cholesterol 58 mg Sodium 1004 mg Dietary Fiber 10.69 g Iron 4.00 mg Calcium 552.99 mg Vitamin A 5888 IU Vitamin C 64.61 mg Sugars 32.71 g 20.6%

Milk, Assorted	Milk, Assorted	Milk, Assorted			Protein 32.42 g 20.4% Carbohydrate 89.92 g 56.7% Total Fat 18.58 g 26.4% Saturated Fat 6.82 g 9.7%
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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.