

Walden School Lunch Menu for May 2018.

Complimentary Fresh Fruit or Vegetable Snack Available Daily.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 Toasted Cheese Sand. Cream/Tomato Soup Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	2 Baked Potato Bar Chili Con Carne Broccoli Rice Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	3 Chicken Caesar Wrap Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	4 Assorted Pizza Slice Papa Ernie's Beans Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 646 Sodium 1041 mg Iron 4.02 mg Calcium 664.17 mg Vitamin A 8088 IU Vitamin C 43.54 mg Sugars 29.34 g 18.2% Protein 32.69 g 20.3% Carbohydrate 89.94 g 55.7% Total Fat 18.78 g 26.2% Saturated Fat 6.93 g 9.7%
7 Chicken Parm. Pasta Marinara Sauce Rst'd Broccoli w/Garlic Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	8 Sloppy Taco Bestest Black Beans Rice Salsa Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	9 Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	10 Chef Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	11 Assorted Pizza Slice Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 608 Sodium 917 mg Iron 4.08 mg Calcium 566.00 mg Vitamin A 7474 IU Vitamin C 54.96 mg Sugars 32.20 g 21.2% Protein 30.53 g 20.1% Carbohydrate 88.70 g 58.3% Total Fat 16.13 g 23.9% Saturated Fat 5.30 g 7.8%
14 Hamburger Bar Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	15 Hot Ham & Cheese Marinara Sauce Roasted Cauliflower w/Tumeric Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	16 Chicken Stew Buttermilk Biscuit Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	17 Sloppy Joe w/Roll "Colonel" Corn Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	18 Assorted Pizza Slice Carrots Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 626 Sodium 1058 mg Iron 4.27 mg Calcium 564.67 mg Vitamin A 9338 IU Vitamin C 42.68 mg Sugars 30.06 g 19.2% Protein 33.77 g 21.6% Carbohydrate 89.01 g 56.8% Total Fat 17.19 g 24.7% Saturated Fat 6.32 g 9.1%
21 Hot Turkey Sandwich Mashed Potato Chicken Gravy Milk, Assorted Garden Salad Fresh Whole Fruit Cut Fruit	22 Beef Burrito Refried Beans Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted Salsa	23 Maple Pork Chop Apple Bread Stuffing Peas & Carrots Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	24 Pad Thai Thai Roasted Vegetables Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	25 Assorted Pizza Slice Introducing Pesto Pizza Sw. Pot. Home Fries Garden Salad Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 645 Sodium 1167 mg Iron 4.03 mg Calcium 596.00 mg Vitamin A 9581 IU Vitamin C 49.42 mg Sugars 33.96 g 21.1% Protein 35.08 g 21.8% Carbohydrate 86.85 g 53.9% Total Fat 18.76 g 26.2% Saturated Fat 6.18 g 8.6%
28 NO SCHOOL TODAY MEMORIAL DAY	29 Chicken & Corn Chowder Bread Stick Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	30 "Caron's" Seasoned Capon Rice Carrots Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	31 CHICKEN TACO Papa Ernie's Beans Rice Garden Salad Assted Fresh Whole Fruit Cut Fruit Milk, Assorted Salsa		Calories 604 Sodium 905 mg Iron 3.31 mg Calcium 587.77 mg Vitamin A 10552 IU Vitamin C 35.33 mg Sugars 32.01 g 21.2% Protein 37.05 g 24.5% Carbohydrate 86.95 g 57.6% Total Fat 13.04 g 19.4% Saturated Fat 4.46 g 6.6%

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.