

## Walden School Lunch Menu for November 2017

### Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Hot Turkey Sandwich Mashed Potato Chicken Gravy Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	2 Beef Burrito Bean Burrito Sw. Pot. Home Fries Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	3 Assorted Pizza Pretty Pretty P'l'eas Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 608 Cholesterol 45 mg Sodium 928 mg Dietary Fiber 9.84 g Iron 3.91 mg Calcium 620.36 mg Vitamin A 8221 IU Vitamin C 57.05 mg Sugars 32.79 g 21.6% Protein 31.02 g 20.4% Carbohydrate 92.44 g 60.8% Total Fat 13.98 g 20.7% Saturated Fat 6.37 g 9.4%
6 Chicken Soup Cheese Bread Stick Marinara Sauce Pasta Mashed Bnut Squash Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	7 Sheperd's Pie Biscuit Egg Salad Sand. Fiesta Salad Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	8 "Caron's" Seasoned Capon Rice Stir Fry Vegetables Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	9 Pizza w/ Asst. Toppings Roasted Beets Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	10 NO SCHOOL TODAY IN-SERVICE	Calories 572 Cholesterol 59 mg Sodium 762 mg Dietary Fiber 8.77 g Iron 3.55 mg Calcium 607.13 mg Vitamin A 5336 IU Vitamin C 58.39 mg Sugars 33.94 g 23.7% Protein 32.05 g 22.4% Carbohydrate 83.40 g 58.4% Total Fat 13.67 g 21.5% Saturated Fat 5.27 g 8.3%
13 Chicken Parm. Pasta Marinara Sauce Garlic & Lemon Broccoli Garden Salad Fresh Cubed Fruit Assted Fresh Whole Fruit Milk, Assorted	14 Sloppy Taco Beef Burrito Refried Beans Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	15 Pasta Meat Sauce Marinara Sauce Sesame Green Beans Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	16 Fishwich Cheese Bread Stick Broccoli Marinara Sauce Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	17 Assorted Pizza Roasted Beets Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	Calories 637 Cholesterol 52 mg Sodium 815 mg Dietary Fiber 10.52 g Iron 4.62 mg Calcium 579.83 mg Vitamin A 4186 IU Vitamin C 70.37 mg Sugars 34.64 g 21.7% Protein 32.61 g 20.5% Carbohydrate 90.88 g 57.1% Total Fat 18.32 g 25.9% Saturated Fat 6.41 g 9.1%
20 Hamburger Bar Cheeseburger Gardenburger Veg. Baked Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	21 Roasted Turkey Mashed Potato Chicken Gravy Stuffing Sandwich Bar Cranberry Sauce Milk, Assorted Salad Bar Fresh Cubed Fruit Fruit Desserts Assted	22 NO SCHOOL TODAY THANKSGIVING BREAK	23 NO SCHOOL TODAY THANKSGIVING BREAK	24 NO SCHOOL TODAY THANKSGIVING BREAK	Calories 726 Cholesterol 73 mg Sodium 1304 mg Dietary Fiber 10.45 g Iron 6.03 mg Calcium 444.65 mg Vitamin A 5517 IU Vitamin C 45.86 mg Sugars 38.55 g 21.2% Protein 37.50 g 20.7% Carbohydrate 108.50 g 59.8% Total Fat 16.77 g 20.8% Saturated Fat 5.52 g 8.8%
27 Buffalo Chicken Veg. Bean Soup Biscuit Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	28 Pasta Marinara Sauce Meat Sauce Green Beans Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	29 Sloppy Joe w/Roll Chicken Caesar Wrap "Colonel" Corn Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted	30 Beef Burrito Bean Burrito Sw. Pot. Home Fries Rice Garden Salad Assted Fresh Whole Fruit Fresh Cubed Fruit Milk, Assorted		Calories 694 Cholesterol 99 mg Sodium 1116 mg Dietary Fiber 11.13 g Iron 4.69 mg Calcium 464.14 mg Vitamin A 7351 IU Vitamin C 53.77 mg Sugars 33.08 g 19.1% Protein 37.18 g 21.4% Carbohydrate 97.87 g 56.4%

USDA is an equal opportunity employer and provider.  
Walden is a Community Eligible Provision school.  
All students receive all meals at no cost.

\*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.