

Walden School Lunch Menu for March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1	2	3	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%*
6	7	8 Chicken Parm. Pasta Marinara Sauce Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	9 Chicken Soup Pasta Mixed Vegetables Marinara Sauce Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	10 Pizza w/ Asst. Toppings Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 614 Cholesterol 57 mg Sodium 753 mg Dietary Fiber 9.19 g Iron 3.60 mg Calcium 648.19 mg Vitamin A 5404 IU Vitamin C 55.02 mg Sugars 37.97 g 24.7% Protein 33.68 g 22.0% Carbohydrate 89.37 g 58.3% Total Fat 15.79 g 23.2% Saturated Fat 5.46 g 8.0%
13 Burger Bar Veg. Baked Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	14 Chicken Stew Buttermilk Biscuit Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	15 Pasta Marinara Sauce Meat Sauce Roasted Cauliflower w/Tumeric Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	16 Chicken Club Wrap Fiesta Salad Tortilla Chips Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	17 Roasted Irish Brisket Roasted Rooters & Reds Cornbread Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 774 Cholesterol 93 mg Sodium 1493 mg Dietary Fiber 9.63 g Iron 5.29 mg Calcium 501.14 mg Vitamin A 6518 IU Vitamin C 54.20 mg Sugars 32.04 g 16.5% Protein 39.73 g 20.5% Carbohydrate 86.90 g 44.9% Total Fat 30.57 g 35.5% Saturated Fat 10.72 g 12.5%
20 Mac & Trees Pretty Pretty P(I)ejas Asian Style Rice Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	21 Sheperd's Pie Remarkable Rolls Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	22 Sloppy Taco Refried Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	23 Tuna Melt Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	24 Pizza w/ Asst. Toppings Pasta Salad Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 629 Cholesterol 49 mg Sodium 1001 mg Dietary Fiber 7.96 g Iron 3.59 mg Calcium 687.62 mg Vitamin A 4025 IU Vitamin C 50.75 mg Sugars 32.54 g 20.7% Protein 33.84 g 21.5% Carbohydrate 89.99 g 57.2% Total Fat 16.00 g 22.9% Saturated Fat 6.32 g 9.0%
27 Twisted Chicken Cass Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	28 Gen Tso Chicken Vegetable Eggroll Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	29 Meatball Sandwich Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	30 Sloppy Joe w/Roll Colonel Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	31 Pizza w/ Asst. Toppings Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 648 Cholesterol 90 mg Sodium 909 mg Dietary Fiber 8.36 g Iron 4.19 mg Calcium 603.14 mg Vitamin A 3732 IU Vitamin C 60.30 mg Sugars 38.21 g 23.6% Protein 41.26 g 25.5%

Carbohydrate 87.07 g 53.8%
Total Fat 16.16 g 22.5%
Saturated Fat 6.20 g 8.6%

Menu is subject to change without notice.
USDA is an equal opportunity employer and provider.

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.