

Walden School Lunch Menu for February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Chicken Soup Pasta Mixed Vegetables Marinara Sauce Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	2 El Supremo Taco Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	3 Pizza w/ Asst. Toppings Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 628 Cholesterol 59 mg Sodium 839 mg Dietary Fiber 9.08 g Iron 3.56 mg Calcium 699.02 mg Vitamin A 5335 IU Vitamin C 55.09 mg Sugars 34.94 g 22.3% Protein 34.14 g 21.7% Carbohydrate 89.40 g 57.0% Total Fat 16.00 g 22.9% Saturated Fat 6.95 g 10.0%
6 Burger Bar Veg. Baked Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	7 Chicken Stew Buttermilk Biscuit Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	8 Pasta Marinara Sauce Meat Sauce Roasted Cauliflower w/Tumeric Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	9 Chicken Club Wrap Fiesta Salad Tortilla Chips Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	10 Pizza w/ Asst. Toppings Sw. Pot. Home Fries Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 631 Cholesterol 59 mg Sodium 905 mg Dietary Fiber 9.72 g Iron 4.47 mg Calcium 581.26 mg Vitamin A 7051 IU Vitamin C 55.11 mg Sugars 34.08 g 21.6% Protein 33.85 g 21.5% Carbohydrate 93.15 g 59.1% Total Fat 15.16 g 21.6% Saturated Fat 5.23 g 7.5%
13 Mac & Trees Pretty Pretty P(l)eas Asian Style Rice Bread Stick Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	14 Sheperd's Pie Remarkable Rolls Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	15 Sloppy Taco Refried Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	16 Tuna Melt Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	17 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%
20 Twisted Chicken Cass Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	21 Gen Tso Chicken Vegetable Eggroll Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	22 Meatball Sandwich Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	23 Sloppy Joe w/Roll Colonel Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	24 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%
27 WINTER VACATION	28				Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g 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%

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.