

**(5 DAY) WALDEN WEST MENU at Saratoga**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Any Questions, please call the Health Hut at (408) 573-3063</i></p>	<p><b>HOT BREAKFAST</b> Pancakes (W,S,D,C) Cheerios (C) Syrup (C) Fruit Orange Juice Milk (D)</p>	<p><b>HOT BREAKFAST</b> Waffles (W,E,S,D) Rice Chex Syrup (C) Fruit Orange Juice and Milk (D) Hard Boiled Egg (E)</p>	<p><b>HOT BREAKFAST</b> Cheesy Eggs (E,D,C) Flour Tortillas (W,S,D*) Rice Krispies Fruit Orange Juice Milk (D) Salsa</p>	<p><b>BRUNCH</b> French Toast (W,E,S,D,C) Corn Flakes (S*) Syrup (C) Fruit Orange Juice Milk (D) Hard Boiled egg (E)</p>
<p><b>Bring Bag Lunch From Home</b></p> <p><b>We kindly request that kids do not bring peanuts from home in their lunches, but this may be a time when peanuts are on our campus.</b></p>	<p><b>CORN DOGS</b> Turkey Corn Dogs (W,E,S,C) Sweet Potato Fries (S) Ketchup (C), Mustard Milk (D) and Water Salad Bar (see list)</p> <p>Vegetarian: Macaroni and cheese (W,E,D,S)</p>	<p><b>CHICKEN PATTIES</b> Chicken Patties (C,W) Slice of cheese (S,D,C) Burger Buns(W,S,C) Tater tots (S) Ketchup (C), Mustard Milk (D) and Water Salad Bar (see list)</p> <p><b>Vegetarian:</b> Veggie Patties (E,D) Burger Buns (W,S,C)</p>	<p><b>PICNIC BAG LUNCH</b> Wheat Bread (W,S,D,C,E) Sunbutter and Jelly (C) Turkey/Ham and Cheese (S,D,C) Mustard, Mayo (E,S) Chex Mix w/ raisins + cranberries (W,C,S) Pretzels(W, C), Apples,Carrot Sticks,</p> <p><b>Snack Break 3pm:</b> Choc. Chip Cookie (S,E,D,W) <b>Rainy Day:</b> Tom. Soup (W, C)</p>	<p><b>SALAD BAR ITEMS</b> Lettuce, Kidney Beans, Cucumber, Olives, Tomato, Beets, Bacon Bits, Cheese (S,D,C), Artichokes, Boiled Egg (E)</p> <p><b>Dressing</b> Italian (S,C) Ranch (E,S,D) Balsamic Vinaigrette Extra Virgin Olive Oil <b>Fruit :</b> Apple, Orange, &amp; Banana</p>
<p><b>PASTA</b> <b>Vegetarian:</b> Rotini (E*,W) Tomato Sauce Garlic Bread Stick (W,S,D) Salad Bar(see list) Milk (D) &amp; Water Cake (W,E,S,D)</p>	<p><b>BUILD YOUR OWN TACOS</b> Corn Tortilla (C,D*,S*,SS*) Ground Beef Sour Cream (D) Salsa, Cheese (D,C) Lettuce, Tomatoes, Corn (C) Milk (D) Churros (W,E,S,D,C) Salad Bar (see list)</p> <p><b>Vegetarian:</b> Spanish Rice (S) Refried Beans</p>	<p><b>CHICKEN DINNER</b> Teriyaki Chicken (W,S) White Rice Bread Roll(W,E,D,S) Salad Bar (see list) Milk (D) &amp; Water Rice Krispy Treats (D,C)</p> <p><b>Vegetarian:</b> Broccoli, Baked Potato Sour Cream (D) Cheese (S,D,C) and Butter (D)</p>	<p><b>PIZZA</b> Pepperoni/ Cheese Pizza(W,S,D,C,E,SS) Salad Bar (see list) Milk (D) &amp; Water Brownies (W,E,S*,D)</p> <p><b>Vegetarian:</b> Vegetable Pizza (W,E,S,D,C,SS)</p>	<p><b>Allergy Warnings:</b> <b>(W)</b> Wheat <b>(E)</b> Eggs <b>(S)</b> Soy <b>(SS)</b> Sesame Seeds <b>(T)</b> Tree Nuts <b>(D)</b> Dairy <b>(C)</b> Corn <b>(P)</b> Peanut *Label states product may contain traces or be made on the same equipment as these allergens.</p>

~ This menu has been constructed by checking the labels of our foods, but it is not required by law for the companies to state that their products may contain an allergen or if they are made on the same equipment.