

(5 DAY) WALDEN WEST MENU at Saratoga (Carb Counts)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Any Questions, please call the Health Hut at (408) 573-3063</i></p>	<p align="center">HOT BREAKFAST</p> <p>Pancakes 1 pancake =13g Cheerios 1 cup =21g Syrup ½ cup = 6 g Fruit see list Orange Juice 1 cup = 27g Milk 1 cup = 13g</p>	<p align="center">HOT BREAKFAST</p> <p>Waffles 1 piece = 15g Rice Chex 1 cup = 20g Syrup 1 Tbsp = 13g Fruit see list Orange Juice 1 cup = 27g Milk 1 cup = 13g Hard Boiled Egg ½ = 0g</p>	<p align="center">HOT BREAKFAST</p> <p>Cheesy Eggs Free Flour Tortillas 1 Tortilla = 15g Rice Krispies 1 cup = 23g Fruit see list Orange Juice 1 cup = 27g Milk 1 cup = 13g Salsa 2 Tbsp = 2g</p>	<p align="center">BRUNCH</p> <p>French Toast 1 piece = 14g Corn Flakes 1 cup = 24g Syrup 1 Tbsp = 13g Fruit see list Orange Juice 1 cup = 27g Milk 1 cup = 13g Hard Boiled egg ½ = 0 g</p>
<p align="center">Bring Bag Lunch From Home</p> <p>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.</p>	<p align="center">CHICKEN PATTIES</p> <p>Chicken Patties 1 patty = 16g Slice of cheese <1g Burger Buns 1 Bun = 24g Tater Tots 10 pieces= 19g Ketchup 1 Tbsp = 4g 4g Mustard <1g Milk 1 cup = 13g Salad Bar (see list) Vegetarian: Veggie Patties 1 = 21g Burger Buns 1 Bun = 24g</p>	<p align="center">CORN DOGS</p> <p>Turkey Corn Dogs 1 = 27g Sweet Potato Fries 5 fries = 12g Ketchup 1 Tbsp = 4g Mustard <1g Milk 1 cup = 13g Water Salad Bar (see list)</p> <p>Vegetarian: Macaroni and cheese 1 cup = 51g</p>	<p align="center">PICNIC BAG LUNCH</p> <p>Wheat Bread 2 slices = 38g Sunbutter 1 Tbsp = 7g Jelly 1 Tbsp = 13g Turkey, Mustard <1g Cheese Free Mayo 1 Tbsp = 1g Chex Mix w/ raisins + cranberries ½ c=33g Pretzels 10 pretzels = 12g Apples 1 Apple = 16g Carrot Sticks 1 Stick = 1g</p> <p>Snack Break 3pm: Choc. Chip Cookie 1 cookie = 20g Rainy Day: Tom. Soup ½ cup = 20g</p>	<p align="center">SALAD BAR ITEMS</p> <p>Lettuce Free Kidney Beans ¼ cup = 8g Cucumber Free Olives Free Tomato Free Beets ⅛ cup = 2g Bacon Bits Free Cheese Free Artichoke Hearts ½ cup = 7g Boiled Egg 0g</p>
<p align="center">PASTA (Vegetarian)</p> <p>Rotini 1 cup = 40g Tomato Sauce 2 Tbsp= 4g Garlic Bread Stick 1 = 31g Salad Bar see list Milk 1 cup = 13g Water Cake 1 = 55g</p>	<p align="center">BUILD YOUR OWN TACOS</p> <p>Corn Tortilla 1 = 12g Ground Beef Free Sour Cream 2 Tbsp = 2g Salsa 2 Tbsp = 2g Cheese,Lettuce, Tomatoes Free Corn ¼ cup = 8g Milk 1 cup = 13g Churros 1 churro = 24g Salad Bar see list Vegetarian: Spanish Rice ½ cup = 44g Refried Beans ¼ cup = 12g</p>	<p align="center">CHICKEN DINNER</p> <p>Teriyaki Chicken Free White Rice ¾ cup = 37g Bread Roll 1 roll = 30g Salad Bar see list Milk 1 cup = 13g Water Rice Krispy Treats 1 = 24g</p> <p>Vegetarian: Broccoli ¼ cup = 3g Baked Potato 1 = 33g Sour Cream 2 Tbsp = 2g Cheese, Butter Free</p>	<p align="center">PIZZA</p> <p>Pepperoni/ Cheese Pizza 1 slice = 28g Salad Bar see list Milk 1 cup = 13g Water Brownies 1 = 22g</p> <p>Vegetarian: Vegetable Pizza 1 slice = 28g</p>	<p>Dressing</p> <p>Italian 2 Tbsp = 2g Ranch 2 Tbsp = 3g Olive Oil 0g Balsamic Vinaigrette 2 Tbsp = 2g</p> <p>Fruit :</p> <p>Apple 1 = 16g Orange 1 = 15g Banana 1 = 19g</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.