

Walden West Cupertino 4-Day Program Menu Updated 1/4/18

Allergy Warning: (S)-Soy, (D)-Dairy, (W)-Wheat, (E)-Eggs, (P)-Pork,

WE ARE A NUT FREE CAMPUS. WE DO NOT PROVIDE PRODUCTS WITH ANY TYPE OF NUTS.

Tuesday No Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast				
<table border="1"> <tr><th>Cereal</th></tr> <tr><td>Kix Rice Krispy's Corn Chex Cheerios (W) Granola Corn Flakes</td></tr> <tr><th>Hot Cereal</th></tr> <tr><td>Grits Malt-O-Meal (W) Oatmeal Porridge</td></tr> </table>	Cereal	Kix Rice Krispy's Corn Chex Cheerios (W) Granola Corn Flakes	Hot Cereal	Grits Malt-O-Meal (W) Oatmeal Porridge	<p>French Toast (W,S,E,D) Butter (D) Jelly Syrup (SUGAR FREE) Sausage (P) Hot Cereal (See Hot Cereal List) Side: Brown Sugar & Raisins Dry Cereal (See Cereal List) Milk (D) Apple Juice or Orange Juice</p> <p><u>Alternatives:</u> Gluten Free Waffles (S) Vegetarian Sausage (W,S,E,D)</p>	<p>Waffles (W,D,S) Butter (D) Jelly Syrup (SUGAR FREE) Sausage (P) Hot Cereal (See Hot Cereal List) Side: Brown Sugar & Raisins Dry Cereal Milk (D) Apple Juice or Orange Juice</p> <p><u>Alternatives:</u> Gluten Free Waffles (S) Vegetarian Sausage (W,S,E,D)</p>	<p>Scramble Eggs (S,E,D) Hash Browns (S) Ketchup Hot Cereal (See Hot Cereal List) Side: Brown Sugar & Raisins Dry Cereal Milk (D) Apple Juice or Orange Juice</p> <p><u>Alternatives:</u> Gluten Free Waffles (S) Vegetarian Sausage (W,S,E,D)</p>
Cereal							
Kix Rice Krispy's Corn Chex Cheerios (W) Granola Corn Flakes							
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Grits Malt-O-Meal (W) Oatmeal Porridge							
<p>Lunch: Students: Bag lunch from home</p> <p>Teachers: Delicious Goodies Salad Bar Soup of the Day</p>	<p>Lunch</p> <p><i>Epic Journey:</i> (Make your own sandwich): Bread (W,D,S) Gluten Free Bread (E) Turkey Ham Cheese (D,S) Sun Butter Jelly Granola Bar: -Chocolate Chunk (D, S) -Oatmeal Raisin (S) Fresh Fruit Chex Mix (W,S) RAW baby carrots</p> <p><u>Snack</u> Sugar Cookie (W,S,E,D) Milk (D)</p>	<p>Lunch</p> <p><i>Non Hiking Students:</i> Chicken Patties (W,S,E,D) Slider Buns (W,S) Ketchup Mustard Chips Salad Bar Soup of the Day (ASK THE CHEF!)</p> <p>O R</p> <p><u>Alternatives:</u> Veggie Patties (W,S,E,D) Grilled Chicken</p>	<p>Salad Bar</p> <p>Lettuce Spring Mix Potato Salad (S,E) Macaroni Salad (W,S,E) Tomato Carrots Cucumbers Pineapple Kidney Beans Garbonzo Beans Corn Olives Jalapenos Pepercioni Shredded Cheese (D) Cottage Cheese (D) Beets Croutons (W,S,E)</p>				
<p>Dinner</p> <p>Pasta (W) Pasta Sauce Turket Meatballs (W,S,D,E) Rolls (W,S,E,D) Salad Parmesan Cheese (D) Italian Dressing (S) Cake White or Yellow cake (W,S,D) Chocolate cake (W,S,E,D) Milk (D)</p> <p><u>Alternatives:</u> Gluten Free Pasta Gluten Free Rolls (E) Grilled Chicken Gluten Free Dessert (Ask the Kitchen)</p>	<p>Dinner</p> <p>Pizza Pepperoni (W D,S) Cheese (W,D,S) Salad Ranch Dressing (D,S,E) Parmesan Cheese (D) Crushed Red Peppers Cake White or Yellow cake (W,S,D) Chocolate cake (W,S,E,D) Milk (D)</p> <p><u>Alternatives:</u> Gluten Free Pizza Gluten Free Dessert (Ask the Kitchen)</p>	<p>Dinner</p> <p>Taco Shell Turkey Meat Lettuce Cheese (D) Salsa Beans Rice Churros (W,S,D,E) Milk (D)</p> <p><u>Alternatives:</u> Corn Tortilla Flour Tortilla (W) Gluten Free Dessert (Ask the Kitchen)</p>	<p>Dressing</p> <p>Ranch (D,S,E) Italian Dressing (S) Thousand Island (S,E) Toasted Sesame (W,S,E) Ceasar (S,D,E) Blue Cheese (S,E)</p>				

