

**Walden West Cupertino 5-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.**

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

