



# The Menu

## IT ALL STARTS WITH YOU

With your food preferences and our high nutrition standards in mind, we thoughtfully create menus for your school. Our chefs have the expertise to plan menu cycles that are nutritionally balanced and appeal to your diverse needs.

No two schools are alike, so no two menus should be, either. Our talented teams create menus according to each school's wants and needs. Menus are then reviewed by chefs or dietitians to ensure they meet our high standards.

Your on-site culinary expert will renew the menu cycle every six weeks to include seasonal items. Every 12 weeks, feedback is reviewed and favorite dishes are created based on input.

In the following pages, you'll find sample menus developed specifically for you.



# Week 1 Lunch Menu



Walden School Sample Menu  
Lunch Menu Week 1



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chef Jet	
SOUP	Barley and Root Vegetable Chowder	Cuban Black Bean Soup	Loaded Potato Soup	Hot and Sour Soup	Split Pea Soup
ACTION STATION	Kentucky Hot Brown	Cuban	Buffalo Chicken Wrap	Lo-mein Noodle Station	Caesar Salad Station
ENTRÉE	Three Cheese Ravioli with Revved Up Marinara	Philly Cheese Steak	Turkey Meatloaf with Mushroom Gravy	Thai BBQ Chicken	All Beef Hamburger
VEGETARIAN ENTRÉE	Three Cheese Ravioli with Revved Up Marinara	Portabella Mushroom Cheese Steak	Chickpea Loaf	Budha's Delight	Beyond Burger
SIDE	Sauteed Spinach	French Fries	Mashed Potatoes	Jasmine Rice	Roasted Eggplant
VEGETABLE	Roasted Yellow Squash	Sauteed Pepper and Onions	Glazed Carrots	Grilled Broccoli	Roasted Cauliflower
DELI SPECIAL	Chicken Caesar Wrap	Vegetable Hummus Wrap	Ham and Swiss Croissant	Pork Banh Mi	Italian Hoagie
SALAD SPECIAL	Kale Strawberry Salad	Corn, Jicama, and Red Bean Salad lime vinaigrette	Tomato Avocado Salad	Chef Jet's Honey Ginger Salad	Cucumber Salad
DESSERT	Strawberry Skewers	David's Cookies	Grilled Watermelon	Fortune Cookie	Ice Cream

## Daily Offerings:

Deli Bar: House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Freshly Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus and Deli Accompaniments to include Mayonnaise, Low-Fat Mayonnaise, Mustards, House-made Spreads, Pickles and Hot Peppers, Grab & Go Artisanal Sandwich Specials

Salad Bar: Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, legumes, House-made Salad Dressings to include Low-Fat and Organic Salad Dressings, House-made Croutons and Crisps.

Special Dietary Needs: Segregated station featuring items made without gluten containing ingredients. Flik is also nut aware, meaning we do not prepare foods with nuts or any nut containing ingredients.

Sweet Offerings: Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat and Non-Fat Yogurt, House-made Granola

Beverages: Skim, 1% and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

# Week 2 Lunch Menu



**Walden School**  
Sample Menu Week 2



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Noodle	Roasted Vegetable Soup	Creamy Broccoli Soup	Beef Chili	Red Pepper Bisque
ACTION STATION	Mac and Cheese Station	Greek Farmers Salad Toss	Carving Station BBQ Brisket	All Beef Hot Dogs-Sausage Bar	Baked Potato Bowl
ENTRÉE	Roasted Pork Loin	Greek Chicken Gyro,Tzatziki Sauce	Penne Pasta, Revve'd up Alfredo Sauce	Roasted Turkey Breast, Pan Gravy	Beef and Cheese or Pepperoni Pizza
VEGETARIAN ENTRÉE	Black Beans And Rice	Falafel Gryo	Penne Pasta,Sundried Tomato Alfredo Sauce	Grilled Vegetable Risotto	Spinach Mushroom Lasagna
SIDE	Wild Rice	Greek Style Potatoes	Roasted Carrots	Mashed Sweet Potatoes	Flik Chips
VEGETABLE	Green Beans, Roasted Garlic	Roasted Zucchini Squash	Sauteed Kale	Roasted Brussel Sprouts	Roasted Cauliflower
DELI SPECIAL	Chicken Salad on Croissant	Tuna Salad Whole Wheat Wrap	Smoked Turkey Focaccia	Roast Beef, Horseradish Mustard on Multigrain Bread	Roasted Eggplant, Tomato, Mozzarella Grinder
SALAD SPECIAL	Corn Avocado Tomato Salad	Turkey Cobb Salad	Wild Rice Garbonzo Cranberry Salad	Farro Arugula, Bacon and Tomato Salad	Caesar Salad
DESSERT	Tropical Fruit Salad	David's Snickerdoodle Cookie	Grilled Peach Halves	Pumpkin Bars	Fresh Cut Mixed Fruit

## Daily Offerings:

**Deli Bar:** House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Freshly Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus and Deli Accompaniments to include Mayonnaise, Low-Fat Mayonnaise, Mustards, House-made Spreads, Pickles and Hot Peppers, Grab & Go Artisanal Sandwich Specials

**Salad Bar:** Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, legumes, House-made Salad Dressings to include Low-Fat and Organic Salad Dressings, House-made Croutons and Crisps.

**Special Dietary Needs:** Segregated station featuring items made without gluten containing ingredients. Flik is also nut aware, meaning we do not prepare foods with nuts or any nut containing ingredients.

**Sweet Offerings:** Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat and Non-Fat Yogurt, House-made Granola

**Beverages:** Skim, 1% and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works