

Walden Hot Lunch 2019-20 Menus, Dates, and Ingredients

MONDAYS

Menu #1 (13 meals)

Bean and Cheese Burritos or Chicken Taquitos with guacamole and seasonal fruit (Offered by TrukQuito)	Dates Offered: 10/14, 10/28, 11/11, 11/25, 12/9, 1/6, 2/3, 3/2, 3/16, 3/30, 4/20, 5/4, 5/18	1 serving: \$8.50 2 servings: \$11 (double protein)
<p>Ingredients: <i>Bean and cheese burrito</i> - pinto beans, cheddar cheese, garlic, onion, salt, pepper, paprika, cumin, wrapped in a flour tortilla</p> <p><i>Chicken taquitos</i> - boiled chicken breast, salt, chicken base seasoning, garlic powder, pepper, corn tortilla, fried in corn oil</p> <p><i>Guacamole</i> - Avocado, lime, salt, garlic, onion, tomato, cilantro, sour cream</p>		

Menu #2 (11 meals)

Pasta w/ Turkey or Veggie Meatballs with broccoli florets and seasonal fruit (Offered by TrukQuito)	Dates Offered: 10/21, 11/4, 11/18, 12/16, 1/13, 1/27, 2/10, 2/24, 3/9, 4/27, 5/11	1 serving: \$8.50 2 servings: \$11 (double protein)
<p>Ingredients: Penne pasta, sauce (crushed tomato, tomato sauce, yellow onion, fresh garlic, chopped basil and parsley, salt, pepper, sugar, dried oregano, canola oil</p> <p><i>Ground turkey meatball</i> - ground turkey, chopped garlic, yellow onion, basil, parsley, salt, pepper, breadcrumbs, eggs, olive oil, (baked)</p> <p><i>Veggie "meatball"</i> - boiled rice, cauliflower, breadcrumbs, salt, pepper, basil, parsley, dipped in buttermilk and fried in corn oil</p> <p><i>Broccoli florets</i> - Broccoli, salt, vegetable oil</p>		

WEDNESDAYS

Menu #1 (16 meals)

<p>Chicken Satay or Golden Tofu Triangles with steamed white rice and cucumber salad (Offered by Fresh Thai)</p>	<p>Dates Offered: 10/9, 10/23, 11/6, 11/20, 12/4, 12/18, 1/15, 1/29, 2/12, 2/26, 3/11, 3/25, 4/15, 4/29, 5/13, 5/27</p>	<p>1 serving: \$9 2 servings: \$11.50 (double protein)</p>
<p>Ingredients: <i>Chicken satay</i> - Chicken, Thai marinade (garlic, lemongrass, cilantro, condensed milk, salt, sugar, gluten free soy sauce, canola oil, coconut milk, corn starch) <i>Tofu triangles</i> - soybean, water, calcium sulfate <i>Sweet and sour sauce</i> - vinegar, sugar and salt <i>Cucumber salad</i> - cucumber, red bell peppers, and dressing (vinegar, sugar, and salt) <i>Steamed white rice</i></p>		

Menu #2 (11 meals)

<p>Cheese Pizza with carrots and cuties or similar tangerine (Offered by Pasadena Pizza Co)</p>	<p>Dates Offered: 10/16, 11/13, 12/11, 1/8, 1/22, 2/5, 2/19, 3/4, 4/22, 5/6, 5/20</p>	<p>1 serving: \$5 2 servings: \$7 3 servings: \$9</p>
<p>Ingredients: Pizza dough (salt, sugar, yeast, flour), sauce (basil, parsley, oregano, salt, sugar, black pepper, onion powder, garlic powder, canola oil, white ground pepper), and cheese</p>		

FRIDAYS

Menu #1 (14 meals)

<p>Fried Chicken Tenders or Fried Cauliflower Bites with baked sweet potato fries and seasonal fruit (Offered by Trukquito)</p>	<p>Dates Offered: 10/11, 10/25, 11/8, 11/22, 12/6, 1/17, 1/31, 2/28, 3/13, 3/27, 4/17, 5/1, 5/15, 5/29</p>	<p>1 serving: \$8.50 2 servings: \$11 (double protein)</p>
<p>Ingredients: <i>Chicken tenders</i> - all white chicken breast dipped in egg, coated in breadcrumbs, with salt, garlic powder, pepper fried in corn oil <i>Cauliflower bites</i> - cauliflower dipped in buttermilk coated with breadcrumbs, with salt, garlic powder, pepper, fried in corn oil <i>Sweet potato fries</i> - Sweet potato, vegetable oil, salt <i>Ranch dipping sauce</i> - Ranch dry package buttermilk, mayo, garlic powder, salt, parsley</p>		

Menu #2 (11 meals)

<p>Teriyaki Chicken or Tofu with steamed white rice and broccoli florets (Offered by No. 1 Kazoku)</p>	<p>Dates Offered: 10/18, 11/15, 12/13, 1/10, 1/24, 2/7, 2/21, 3/6, 4/24, 5/8</p>	<p>1 serving: \$8.50 2 servings: \$11 (double protein)</p>
<p>Ingredients: <i>Boneless Jidori chicken with teriyaki sauce</i> (Sake, Mirin, Soy Sauce, Sugar, Green Onion, Ginger), Sesame Seeds <i>Tofu with Dashi Sauce</i> (Sake, Mirin, Soy Sauce, Hondashi, Green Onions), Seaweed, Bonito Flakes. Sides - steamed rice and broccoli. <i>Contains: soy, wheat</i></p>		