



MOUNTAIN VIEW ACADEMY LUNCH MENU (K-8)

November 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRITIONAL INFO
					<u>Daily Averages</u> Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
3 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	4 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	5 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	6 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY		Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
10 SACK LUNCH WITH FRESH FRUIT AND VEGGIES MILK VARIETY	11 VETERANS DAY NO SCHOOL	12 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	13 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	14 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
17 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	18 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	19 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	20 TURKEY DINNER WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY		Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
24 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	25 HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	26 CAFETERIA LUNCH NOT PROVIDED	27 THANKSGIVING HOLIDAY NO SCHOOL		Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965

AVAILABLE EVERY DAY FOR LUNCH:

YOGURT

with FRESH FRUIT,
CEREAL and MILK

DELI SANDWICH 22g

with FRESH FRUIT
and BAKED CHIPS 11g

*Yogurt Meal and Hot Lunch are not
served on sack lunch days*

MEAL PRICES:

Lunch \$2.75, Reduced \$0.00, Milk Only \$.50

Milk Variety

(Low Fat 16g/Fat Free Choc 22g)

CHILD NUTRITION SERVICES:

541-937-2124

NOW SERVING:

ALL WHOLE GRAINS



ALL MEALS SERVED WITH OUR FRESH FRUIT AND VEGGIE VARIETY

VEGETARIAN OPTIONS

LEAN MEATS



MORE FRESH VEGGIES

ALL NATURAL MILK



MORE FRESH FRUIT



USDA AND THE LOWELL SCHOOL DISTRICT ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS.

MENU SUBJECT TO CHANGE

CARB COUNTS ARE APROXIMATE