

# LUNDY ELEMENTARY LUNCH MENU (K-6)

## January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRITIONAL INFO
					<u>Daily Averages</u> Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>5</b>  PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>6</b>  ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>7</b>  5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>8</b>  BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>9</b>  CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>12</b>  PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>13</b>  HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>14</b>  BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>15</b>  ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>16</b>  5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>19</b>  <b>MARTIN LUTHER KING, JR. DAY</b>  <b>NO SCHOOL</b>	<b>20</b>  ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>21</b>  5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>22</b>  BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>23</b>  CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>26</b>  PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>27</b>  HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>28</b>  BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>29</b>  ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>30</b>  <b>TEACHER GRADING DAY</b>  <b>NO SCHOOL</b>	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*

**Milk Variety**

Low Fat 16g  
Fat Free Chocolate 22g

**STUDENT NUTRITION SERVICES:**

541-937-2124

ALL MEALS SERVED WITH OUR FRESH FRUIT AND VEGGIE VARIETY

**NOW SERVING:**  
**ALL WHOLE GRAINS**



**LEAN MEATS**



**VEGETARIAN OPTIONS**

**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