

MOUNTAIN VIEW ACADEMY

LUNCH MENU (K-8)

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

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