



# LUNDY ELEMENTARY LUNCH MENU (K-6)

## December 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRITIONAL INFO
1 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	2 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	3 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	4 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	5 CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<u>Daily Averages</u> Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
8 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	9 HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	10 SACK LUNCH WITH FRESH FRUIT MILK VARIETY  <b>HALF DAY</b>	11 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	12 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
15 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	16 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	17 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	18 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	19 CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>WINTER BREAK  NO SCHOOL</b>	<b>&gt;&gt;</b>	<b>&gt;&gt;</b>	<b>&gt;&gt;</b>	<b>&gt;&gt;</b>	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>WINTER BREAK  NO SCHOOL</b>	<b>&gt;&gt;</b>	<b>&gt;&gt;</b>	<b>&gt;&gt;</b>	<b>STUDENTS RETURN TO SCHOOL ON JANUARY 5</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

**CHILD NUTRITION SERVICES:**  
541-937-2124

ALL MEALS SERVED WITH OUR FRESH FRUIT AND VEGGIE VARIETY

**NOW SERVING:  
ALL WHOLE GRAINS**



**VEGETARIAN OPTIONS**

**LEAN MEATS**



**MORE FRESH VEGGIES**



**ALL NATURAL MILK**



**MORE FRESH FRUIT**

USDA AND THE LOWELL SCHOOL DISTRICT ARE EQUAL OPPORTUNITY PROVIDERS

MENU SUBJECT TO CHANGE CARB COUNTS ARE APROXIMATE