



MOUNTAIN VIEW ACADEMY LUNCH MENU (K-8)

February 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRITIONAL INFO
2 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	3 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	4 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	5 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY		<u>Daily Averages</u> Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
9 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	10 HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	11 SACK LUNCH WITH FRESH FRUIT MILK VARIETY	12 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
16 PRESIDENTS' DAY NO SCHOOL	17 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	18 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	19 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	20 CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
23 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	24 HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	25 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	26 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
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**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



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