



# LUNDY ELEMENTARY LUNCH MENU (K-6)

## March 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	6 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
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 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	12 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	13 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
16 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	17 ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	18 SACK LUNCH WITH FRESH FRUIT MILK VARIETY  <b>HALF DAY</b>	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 <b>SPRING BREAK</b>  <b>NO SCHOOL</b>	24	25	26 ➤➤	27 ➤➤	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
30 PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	31 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

**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

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



**LEAN MEATS**



**MORE FRESH VEGGIES**



**ALL NATURAL MILK**



**MORE FRESH FRUIT**