



# LUNDY ELEMENTARY LUNCH MENU (K-6)

## March 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRITIONAL INFO
<b>2</b> PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>3</b> ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>4</b> 5 PCS CHICKEN NUGGETS 14g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>5</b> BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>6</b> 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
<b>9</b> PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>10</b> HOT DOG ON A BUN 22g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>11</b> BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>12</b> ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>13</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>16</b> PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>17</b> ALL BEEF HAMBURGER ON A BUN 25g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>18</b> SACK LUNCH WITH FRESH FRUIT MILK VARIETY  <b>HALF DAY</b>	<b>19</b> BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>20</b> CORN DOG 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>23</b>  <b>SPRING BREAK</b>  <b>NO SCHOOL</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
<b>30</b> PIZZA 29g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY	<b>31</b> 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**



ALL MEALS SERVED WITH OUR FRESH FRUIT AND VEGGIE VARIETY

**VEGETARIAN OPTIONS**

**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