



MOUNTAIN VIEW ACADEMY LUNCH MENU (K-8)

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		<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		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	19 BEAN/CHEESE BURRITO 41g WITH FRESH FRUIT SALAD BAR VEGGIES MILK VARIETY		Calories: 550-650 Sat. Fat: <10 Trans Fat: 0 Sodium: <965
23 SPRING BREAK NO SCHOOL	24 >>	25 >>	26 >>	29 >>	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

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

**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