

December



DESERT VIEW ACADEMY LSB - Lunch K-8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|-------------------|---|
| November 27, 2017 | November 28, 2017 | November 29, 2017 | November 30, 2017 | December 1, 2017 |
| | | | | HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Fresh Fruit Mustard Catsup (2) Choice of Milk Salad Bar Selections Mixed Greens Salad Red Peppers Green Beans Pickle Chips Light French Dressing |
| December 4, 2017 | December 5, 2017 | December 6, 2017 | December 7, 2017 | December 8, 2017 |
| PIZZA DIPPERS Marinara Dipping Sauce Diced Pears Choice of Milk Salad Bar Selections Mixed Greens Salad Red Peppers Crunchy Celery Sticks Green Pepper Slices Fat Free Italian Dressing | POPCORN CHICKEN ^ Maple Baked Beans Diced Peaches BBQ Sauce Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Cucumber Coins Fresh Zucchini Coins Light French Dressing | BEAN & CHEESE BURRITO ^ Salsa Fresh Fruit Choice of Milk Salad Bar Selections Mixed Greens Salad Diced Tomatoes Jalapenos Carrot Sticks Light Ranch Dressing | | HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) Fresh Fruit Choice of Milk Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Light Ranch Dressing |
| December 11, 2017 | December 12, 2017 | December 13, 2017 | December 14, 2017 | December 15, 2017 |
| CHICKEN NUGGETS WITH POTATO ROUNDS ^ Grape Juice BBQ Sauce Ketchup Choice of Milk Salad Bar Selections Mixed Greens Salad Red Peppers Green Pepper Slices Pickle Chips Light Ranch Dressing | CHEESEBURGER Hamburger Bun ^ Diced Peaches Ketchup Sriracha Ketchup Choice of Milk Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Light French Dressing | HOLIDAY MEAL** CHICKEN ALFREDO PASTA ^ Fresh Fruit Chocolate Cookie ^ Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Cucumber Coins Light French Dressing | | HOLIDAY BREAK |
| December 18, 2017 | December 19, 2017 | December 20, 2017 | December 21, 2017 | December 22, 2017 |
| HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK |
| December 25, 2017 | December 26, 2017 | December 27, 2017 | December 28, 2017 | December 29, 2017 |
| HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK | HOLIDAY BREAK |
| January 1, 2018 | January 2, 2018 | January 3, 2018 | January 4, 2018 | January 5, 2018 |
| | | | | |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Nutritional Information: DESERT VIEW ACADEMY

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

| | Item Name | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates(g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Contributions |
|------------|-----------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|--------------------|
| 12-01-2017 | HOT DOG W/ POTATO ROUNDS | 164 | 11 | 4 | 0 | 25 | 369 | 11 | 1 | 1 | 5 | 0 | 3 | 0 | 1 | MMA:1.5oz V:1/4c S |
| | Hot Dog Bun ^ | 140 | 2 | 0 | 0 | 0 | 310 | 23 | 3 | 3 | 7 | 0 | 0 | 60 | 1 | G/B:1.75sv WG |
| | Fresh Fruit | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | F:1/2c |
| | Mustard | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Catsup (2) | 10 | 0 | 0 | 0 | 0 | 45 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Mixed Greens Salad | 6 | 0 | 0 | 0 | 0 | 4 | 1 | 4 | 4 | 4 | 484 | 1 | 8 | 0 | V:1/8c DG V:1/4c O |
| | Red Peppers | 12 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 2 | 0 | 59 | 48 | 3 | 0 | V:1/4c RO |
| | Green Beans | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 7 | 2 | 8 | 0 | V:1/4c O |
| | Pickle Chips | 5 | 0 | 0 | 0 | 0 | 330 | 1 | 0 | 0 | 0 | 2 | 1 | 23 | 0 | V:1/4c O |
| | Light French Dressing | 10 | 0 | 0 | 0 | 0 | 140 | 4 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | |
| 12-04-2017 | PIZZA DIPPERS | 290 | 11 | 5 | 0 | 20 | 530 | 30 | 3 | 6 | 19 | 80 | 0 | 350 | 2 | MMA:2oz G/B:2sv WG |
| | Marinara Dipping Sauce | 79 | 4 | 1 | 0 | 0 | 314 | 8 | 0 | 3 | 3 | 149 | 5 | 20 | 0 | V:1/2c RO |
| | Diced Pears | 66 | 0 | 0 | 0 | 0 | 6 | 16 | 2 | 12 | 2 | 0 | 1 | 6 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Mixed Greens Salad | 6 | 0 | 0 | 0 | 0 | 4 | 1 | 4 | 4 | 4 | 484 | 1 | 8 | 0 | V:1/8c DG V:1/4c O |
| | Red Peppers | 12 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 2 | 0 | 59 | 48 | 3 | 0 | V:1/4c RO |
| | Crunchy Celery Sticks | 5 | 0 | 0 | 0 | 0 | 26 | 1 | 0 | 1 | 0 | 7 | 1 | 13 | 0 | V:1/4c O |
| | Green Pepper Slices | 15 | 0 | 0 | 0 | 0 | 2 | 4 | 1 | 2 | 1 | 14 | 61 | 8 | 0 | V:1/4c O |
| | Fat Free Italian Dressing | 10 | 0 | 0 | 0 | 0 | 170 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | |
| 12-05-2017 | POPCORN CHICKEN ^ | 255 | 14 | 3 | 0 | 22 | 388 | 16 | 3 | 1 | 16 | 33 | 0 | 0 | 2 | MMA:2oz G/B:1sv WG |
| | Maple Baked Beans | 162 | 0 | 0 | 0 | 0 | 285 | 34 | 7 | 11 | 7 | 62 | 0 | 89 | 3 | V:1/2c L |
| | Diced Peaches | 62 | 0 | 0 | 0 | 0 | 6 | 15 | 1 | 13 | 2 | 18 | 2 | 4 | 0 | F:1/2c |
| | BBQ Sauce | 25 | 0 | 0 | 0 | 0 | 50 | 7 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Fresh Spinach Leaves | 7 | 0 | 0 | 0 | 0 | 24 | 1 | 1 | 0 | 1 | 839 | 8 | 30 | 1 | V:1/2c DG |
| | Garden Green Peas | 77 | 0 | 0 | 0 | 0 | 5 | 14 | 5 | 5 | 5 | 36 | 38 | 24 | 1 | V:1/2c S |
| | Cucumber Coins | 5 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 2 | 1 | 5 | 0 | V:1/4c O |
| | Fresh Zucchini Coins | 5 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 1 | 0 | 3 | 5 | 5 | 0 | V:1/4c O |
| | Light French Dressing | 10 | 0 | 0 | 0 | 0 | 140 | 4 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | |

Nutritional Information: DESERT VIEW ACADEMY

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

| | Item Name | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates(g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Contributions |
|----------------------|--------------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|-----------------------------|
| 12-06-2017 | BEAN & CHEESE BURRITO ^ | 313 | 12 | 5 | 0 | 21 | 520 | 38 | 6 | 1 | 15 | 68 | 1 | 245 | 3 | MMA:2oz G/B:2sv WG |
| | Salsa | 5 | 0 | 0 | 0 | 0 | 95 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Fresh Fruit | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Mixed Greens Salad | 6 | 0 | 0 | 0 | 0 | 4 | 1 | 4 | 4 | 4 | 484 | 1 | 8 | 0 | V:1/8c DG V:1/4c O |
| | Diced Tomatoes | 5 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 11 | 4 | 3 | 0 | V:1/8c RO |
| | Jalapenos | 5 | 0 | 0 | 0 | 0 | 394 | 1 | 1 | 1 | 0 | 39 | 5 | 26 | 0 | V:1/4c O |
| | Carrot Sticks | 12 | 0 | 0 | 0 | 0 | 20 | 3 | 1 | 1 | 12 | 246 | 2 | 10 | 0 | V:1/4c RO |
| | Light Ranch Dressing | 30 | 2 | 0 | 0 | 5 | 55 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| 12-08-2017 | HOMESTYLE SALISBURY STEAK W/GRAVY | 198 | 10 | 4 | 0 | 41 | 823 | 12 | 0 | 2 | 13 | 15 | 1 | 36 | 1 | MMA:2oz |
| | Sliced Bread ^ (2) | 70 | 1 | 0 | 0 | 0 | 134 | 12 | 2 | 2 | 4 | 0 | 0 | 30 | 1 | G/B:1sv |
| | Fresh Fruit | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Mixed Greens Salad | 6 | 0 | 0 | 0 | 0 | 4 | 1 | 4 | 4 | 4 | 484 | 1 | 8 | 0 | V:1/8c DG V:1/4c O |
| | Broccoli Florets | 9 | 0 | 0 | 0 | 0 | 8 | 2 | 0 | 0 | 1 | 47 | 29 | 15 | 0 | V:1/2c DG |
| | Carrot Sticks | 12 | 0 | 0 | 0 | 0 | 20 | 3 | 1 | 1 | 12 | 246 | 2 | 10 | 0 | V:1/4c RO |
| | Jicama Sticks | 13 | 0 | 0 | 0 | 0 | 1 | 3 | 2 | 1 | 0 | 2 | 7 | 4 | 0 | V:1/4c S |
| | Light Ranch Dressing | 30 | 2 | 0 | 0 | 5 | 55 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| 12-11-2017 | CHICKEN NUGGETS WITH POTATO ROUNDS ^ | 279 | 14 | 3 | 0 | 44 | 484 | 22 | 2 | 0 | 17 | 38 | 3 | 0 | 0 | MMA:2oz G/B:1sv WG V:1/4c S |
| | Grape Juice | 60 | 0 | 0 | 0 | 0 | 20 | 14 | 0 | 16 | 0 | 0 | 30 | 0 | 0 | F:1/2c |
| | BBQ Sauce | 25 | 0 | 0 | 0 | 0 | 50 | 7 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | |
| | Ketchup | 10 | 0 | 0 | 0 | 0 | 45 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| | Salad Bar Selections | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Mixed Greens Salad | 6 | 0 | 0 | 0 | 0 | 4 | 1 | 4 | 4 | 4 | 484 | 1 | 8 | 0 | V:1/8c DG V:1/4c O |
| | Red Peppers | 12 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 2 | 0 | 59 | 48 | 3 | 0 | V:1/4c RO |
| | Green Pepper Slices | 15 | 0 | 0 | 0 | 0 | 2 | 4 | 1 | 2 | 1 | 14 | 61 | 8 | 0 | V:1/4c O |
| | Pickle Chips | 5 | 0 | 0 | 0 | 0 | 330 | 1 | 0 | 0 | 0 | 2 | 1 | 23 | 0 | V:1/4c O |
| Light Ranch Dressing | 30 | 2 | 0 | 0 | 5 | 55 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | | |

Nutritional Information: DESERT VIEW ACADEMY

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

| | Item Name | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates(g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Contributions |
|------------|---------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---------------|
| 12-22-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 12-25-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 12-26-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 12-27-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 12-28-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 12-29-2017 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: DESERT VIEW ACADEMY

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|----------------------|--------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 12-06-2017 | BEAN & CHEESE BURRITO ^ | X | | | | | | X | X |
| | Salsa | | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | Salad Bar Selections | | | | | | | | |
| | Mixed Greens Salad | | | | | | | | |
| | Diced Tomatoes | | | | | | | | |
| | Jalapenos | | | | | | | | |
| | Carrot Sticks | | | | | | | | |
| Light Ranch Dressing | X | X | | | | | X | | |
| 12-08-2017 | HOMESTYLE SALISBURY STEAK W/GRAVY | X | | | | | | X | X |
| | Sliced Bread ^ (2) | | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | Salad Bar Selections | | | | | | | | |
| | Mixed Greens Salad | | | | | | | | |
| | Broccoli Florets | | | | | | | | |
| | Carrot Sticks | | | | | | | | |
| | Jicama Sticks | | | | | | | | |
| Light Ranch Dressing | X | X | | | | | X | | |
| 12-11-2017 | CHICKEN NUGGETS WITH POTATO ROUNDS ^ | | | | | | | X | X |
| | Grape Juice | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | Salad Bar Selections | | | | | | | | |
| | Mixed Greens Salad | | | | | | | | |
| | Red Peppers | | | | | | | | |
| | Green Pepper Slices | | | | | | | | |
| Pickle Chips | | | | | | | | | |
| Light Ranch Dressing | X | X | | | | | X | | |

Allergen Information: DESERT VIEW ACADEMY

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|---------------|------|-----|--------|----------|------|-----------|-----|-------|
| 12-22-2017 | HOLIDAY BREAK | | | | | | | | |
| 12-25-2017 | HOLIDAY BREAK | | | | | | | | |
| 12-26-2017 | HOLIDAY BREAK | | | | | | | | |
| 12-27-2017 | HOLIDAY BREAK | | | | | | | | |
| 12-28-2017 | HOLIDAY BREAK | | | | | | | | |
| 12-29-2017 | HOLIDAY BREAK | | | | | | | | |