MOUNTAIN VIEW CHRISTIAN SCHOOLS

APRIL

9th - 12th Grade LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Shelf Stable Beef Bites & Cheese Stick, Poptillas, Applesauce, Veg Juice & Milk Roasted Fava Beans Apple	3 Chicken Enchilada w/ Salsa Verde Roasted Fava Beans Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk	4 Chicken Burrito Bowl w/ Black Beans Celery Sticks (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk	5 Hamburger Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk
8 Cheeseburger w/ Oven Baked Fries Baby Carrots (1/2 C) 100% Fruit Juice 4 oz Orange 1% Low Fat White Fat Free Chocolate Milk	9 Cheese Lasagna w/ Tomato Basil Sauce & Wheat Cracker Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk	10 Cheese Enchilada w/ Salsa Verde Roasted Fava Beans Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk	11 Chicken Burrito Bowl w/ Black Beans Celery Sticks (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk	12 Deep Dish Pepperoni Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Orange (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk
15 Grilled Chicken Sandwich w/ Oven Baked Fries & BBQ Sauce Baby Carrots (1/2 C) 100% Fruit Juice 4 oz Orange 1% Low Fat White Fat Free Chocolate Milk	16 Chicken Bites w/ Mashed Potatoes & Pretzel Crackers Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk	17 Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix Roasted Fava Beans Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk	18 Turkey Nachos w/ Refried Beans & Tortilla Chips Cucumber Slices (1/2 C) w/ Tajin Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk	19 Deep Dish Pepperoni Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Orange (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk
22 Hot Dog w/ Oven Baked Fries Baby Carrots (1/2 C) 100% Fruit Juice 4 oz Orange 1% Low Fat White Fat Free Chocolate Milk	23 Spaghetti w/ Meat Sauce & Wheat Crackers Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk	24 Chicken Enchilada w/ Salsa Verde Roasted Fava Beans Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk	25 Chicken Salad Sandwich w/ Roasted Fava Beans Celery Sticks (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk	26 Hamburger Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Orange (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk
29 Cheeseburger w/ Oven Baked Fries Baby Carrots (1/2 C) 100% Fruit Juice 4 oz Orange 1% Low Fat White Fat Free Chocolate Milk	30 Cheese Lasagna w/ Tomato Basil Sauce & Wheat Cracker Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk All entrées served with choice	of 1% milk or fat free milk. All g	rain items offered are Whole Gra	sin Rich.

All entrees served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms offered are whole Grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of rat free milk. All grain terms offered are whole Grain terms of the served with choice of 1% milk of the served with terms of the served with