



SALEM R-80 LUNCH MENU GRADES 6-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Av g
			16 CORN DOG OR PIZZA VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	17 PIZZA OR HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 630 Sodium 1072 mg Total Fat 15.12 g 21.6% Saturated Fat 4.65 g 6.6%
20 BOSCO STICKS W/SAUCE OR PIZZA TOSSED SALAD CELERY STICKS FRUIT COCKTAIL LOW FAT MILK	21 CHICKEN NUGGETS OR PIZZA BROWN RICE PILAF BROCCOLI SALAD ORANGE GLAZED CARROTS PINEAPPLE LOW FAT MILK	22 FISH SHAPES OR PIZZA CORNBREAD PINTO BEANS POTATO SMILES BANANA LOW FAT MILK	23 HOT HAM & CHEESE ON BUN OR PIZZA VEGETARIAN BEANS BROCCOLI SALAD APPLE SLICES LOW FAT MILK	24 PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE	Calories 703 Sodium 1096 mg Total Fat 18.94 g 24.3% Saturated Fat 5.73 g 7.3%
27 CHICKEN PATTY ON BUN OR PIZZA POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	28 CHICKEN SMACKERS OR PIZZA WHOLE GRAIN ROLL MASHED POTATOES AND GRAVY BROCCOLI SALAD FRUIT COCKTAIL LOW FAT MILK	29 HOT DOG ON BUN OR PIZZA VEGETARIAN BEANS OVEN FRIES BANANA LOW FAT MILK	30 TACO SALAD OR PIZZA REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK	31 PIZZA OR HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 693 Sodium 1064 mg Total Fat 19.20 g 24.9% Saturated Fat 5.57 g 7.2%

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ALLGRAINS ARE WHOLE GRAIN RICH

