

SALEM R-80 SCHOOLS LUNCH MENU GRADES 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			16 CORN DOG OR PIZZA VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES LOW FAT MILK	17 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK RICE KRISPIE TREAT	Calories 806 Sodium 1195 mg Total Fat 20.93 g 23.4% Saturated Fat 6.43 g 7.2%
20 BOSCO STICKS W/SAUCE OR PIZZA TOSSED SALAD STEAMED CARROTS PEACHES FRESH APPLE LOW FAT MILK	21 CHICKEN NUGGETS OR PIZZA BROWN RICE PILAF ORANGE GLAZED CARROTS BROCCOLI SALAD ORANGES PINEAPPLE LOW FAT MILK	22 FISH SANDWICH OR PIZZA COLESLAW TATOR TOTS LETTUCE TOMATO SLICES BANANA PINEAPPLE LOW FAT MILK	23 HOT HAM & CHEESE ON BUN OR PIZZA TOSSED SALAD VEGETARIAN BEANS APPLE SLICES MANDARIN ORANGES LOW FAT MILK	24 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK	Calories 777 Sodium 1127 mg Total Fat 21.47 g 24.9% Saturated Fat 6.40 g 7.4%
27 CHICKEN PATTY ON BUN OR PIZZA POTATO SMILES FRESH BROCCOLI LETTUCE TOMATO SLICES ORANGES APPLESAUCE LOW FAT MILK	28 CHICKEN SMACKERS OR PIZZA WG ROLL MASHED POTATOES & GRAVY STEAMED BROCCOLI FRUIT COCKTAIL ORANGES LOW FAT MILK	29 CHICKEN QUESADILLA W/ SALSA OR PIZZA TOSSED SALAD CORN BANANA FRUIT COCKTAIL LOW FAT MILK	30 TACO SALAD W/SALSA OR PIZZA REFRIED BEANS PEACHES FRESH APPLE LOW FAT MILK	31 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK RICE KRISPIE TREAT	Calories 787 Sodium 1160 mg Total Fat 22.46 g 25.7% Saturated Fat 6.70 g 7.7%

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE

