



SALEM R-80 SCHOOLS LUNCH MENU K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			16 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	17 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 644 Sodium 1170 mg Total Fat 15.19 g 21.2% Saturated Fat 4.20 g 5.9%
20 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK	21 CHICKEN NUGGETS BROWN RICE PILAF FRESH BROCCOLI ORANGE GLAZED CARROTS PINEAPPLE LOW FAT MILK	22 FISH SHAPES CORNBREAD PINTO BEANS CREAMY COLE SLAW BANANA LOW FAT MILK	23 HOT HAM & CHEESE ON BUN VEGETARIAN BEANS FRESH BABY CARROTS APPLE SLICES LOW FAT MILK	24 PIZZA TOSSED SALAD FRESH BABY CARROTS GRAPES LOW FAT MILK COOKIE	Calories 655 Sodium 1213 mg Total Fat 17.05 g 23.4% Saturated Fat 4.37 g 6.0%
27 CHICKEN PATTY ON BUN OVEN FRIES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	28 CHICKEN SMACKERS MASHED POTATOES AND GRAVY BROCCOLI SALAD FRUIT COCKTAIL LOW FAT MILK	29 HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES BANANA LOW FAT MILK	30 TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK	31 PIZZA TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 634 Sodium 996 mg Total Fat 16.94 g 24.1% Saturated Fat 4.73 g 6.7%

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

