

SALEM R-80 SCHOOLS LUNCH MENU GRADES 6-8



2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			15 CORN DOG VEGETARIAN BEANS TRI POTATO FRUIT COCKTAIL LOW FAT MILK	16 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 612 Sodium 952 mg Total Fat 15.42 g 22.7% Saturated Fat 4.14 g 6.1%
19 CHICKEN QUESADILLA SALSA TOSSED SALAD MEXICALI CORN APPLESAUCE LOW FAT MILK	20 CHICKEN NUGGETS BROWN RICE PILAF BROCCOLI SALAD MIXED VEGETABLES BANANA LOW FAT MILK	21 HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES APPLE SLICES LOW FAT MILK	22 SLOPPY JOE ON BUN FRESH VEGETABLE BAR POTATO SMILES ORANGES LOW FAT MILK	23 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES COOKIE LOW FAT MILK	Calories 672 Sodium 996 mg Total Fat 19.42 g 26.0% Saturated Fat 5.10 g 6.8%
26 CHICKEN PATTY ON BUN PIZZA POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	27 FISH SHAPES PIZZA CORNBREAD PINTO BEANS TRI POTATO BANANA LOW FAT MILK	28 TACO SALAD REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK	29 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI FRESH VEGETABLE BAR PIZZA SAUCE FRUIT COCKTAIL LOW FAT MILK	30 PIZZA HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 672 Sodium 1059 mg Total Fat 18.84 g 25.2% Saturated Fat 5.00 g 6.7%

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MOST GRAINS ARE WHOLE GRAIN RICH

GARDEN CHEF SALADS AND PIZZA ARE OFFERED DAILY AS A CHOICE

