



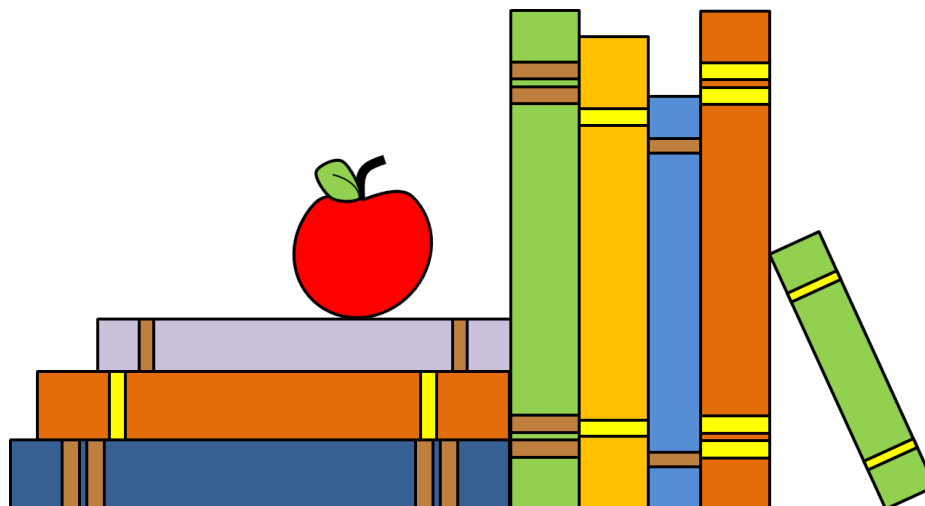
SALEM R-80 SCHOOLS LUNCH MENU K-5

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			15 CORN DOG VEGETARIAN BEANS TRI POTATO FRUIT COCKTAIL LOW FAT MILK	16 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 646 Sodium 1084 mg Total Fat 16.38 g 22.8% Saturated Fat 4.18 g 5.8%
19 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK	20 CHICKEN NUGGETS BROWN RICE PILAF MIXED VEGETABLES TOSSED SALAD BANANA LOW FAT MILK	21 HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES APPLE SLICES LOW FAT MILK	22 SLOPPY JOE ON BUN POTATO SMILES ORANGES LOW FAT MILK	23 PIZZA TOSSED SALAD FRESH BABY CARROTS GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 630 Sodium 974 mg Total Fat 17.76 g 25.4% Saturated Fat 4.21 g 6.0%
26 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	27 FISH SHAPES CORNBREAD PINTO BEANS TRI POTATO BANANA LOW FAT MILK	28 TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK	29 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE FRUIT COCKTAIL LOW FAT MILK	30 PIZZA TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK LOW FAT MILK RICE KRISPIE TREAT	Calories 648 Sodium 1084 mg Total Fat 18.59 g 25.8% Saturated Fat 4.48 g 6.2%

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ALL GRAINS ARE WHOLE GRAIN RICH



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