
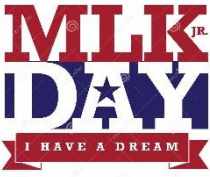




SALEM R-80 BREAKFAST MENU K-12

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
DEC 31 NO SCHOOL	1 	2 PIZZA CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	3 PANCAKES CEREAL-VARIETY GRAHAM CRACKERS JUICE WARM APPLES LOW FAT MILK	4 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 501 Sodium 577 mg Total Fat 9.91 g 17.8% Saturated Fat 3.07 g 5.5%
7 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	8 CHEESE OMELET SALSA CEREAL-VARIETY TOAST FRESH FRUIT JUICE LOW FAT MILK	9 WHOLE GRAIN DONUT CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	10 FRUIT PARFAIT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY TROPICAL FRUIT JUICE LOW FAT MILK	11 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 503 Sodium 503 mg Total Fat 11.84 g 21.2% Saturated Fat 4.01 g 7.2%
14 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	15 SCRAMBLED EGGS TOAST SALSA CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK	16 OATMEAL CEREAL-VARIETY CINNAMON TOAST WARM APPLES JUICE LOW FAT MILK	17 FRENCH TOAST STICKS CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	18 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 507 Sodium 487 mg Total Fat 9.74 g 17.3% Saturated Fat 2.59 g 4.6%
21 	22 PANCAKE SAUSAGE ON STICK CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE LOW FAT MILK	23 SAUSAGE BISCUIT CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	24 CINNAMON ROLL CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	25 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 524 Sodium 565 mg Total Fat 11.69 g 20.1% Saturated Fat 3.82 g 6.6%
28 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	29 SAUSAGE BREAKFAST BITES CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK	30 PIZZA CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	31 MINI DONUTS CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE LOW FAT MILK	FEB 1 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 503 Sodium 513 mg Total Fat 10.73 g 19.6% Saturated Fat 3.60 g 6.6%

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICE AVAILABLE AT MIDDLE SCHOOL AND HIGH SCHOOL