



# January

## SALEM R-80 LUNCH MENU 6-8

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
DEC 31  NO SCHOOL	1   HAPPY NEW YEAR	2  MOZZARELLA STICKS ROTINI STEAMED BROCCOLI BABY CARROTS PIZZA SAUCE PEACHES LOW FAT MILK	3  CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES GRAVY CORN FRUIT COCKTAIL LOW FAT MILK	4  PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 728 Sodium 1119 mg Total Fat 21.46 g 26.2% Saturated Fat 6.17 g 7.5%
7  BBQ RIB ON BUN CREAMY COLE SLAW TATOR TOTS FRESH FRUIT LOW FAT MILK	8  CHILI FRITOS BABY CARROTS CELERY STICKS FRESH BROCCOLI BANANA LOW FAT MILK	9  FISH SHAPES CORNBREAD PINTO BEANS TRI POTATO MANDARIN ORANGES LOW FAT MILK	10  BBQ CHICKEN NACHO'S TOSSED SALAD REFRIED BEANS MANDARIN ORANGES LOW FAT MILK	11  PIZZA HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 679 Sodium 1073 mg Total Fat 20.59 g 27.3% Saturated Fat 4.90 g 6.5%
14  CHICKEN NUGGETS BROWN RICE PILAF TRI POTATO MIXED VEGETABLES PINEAPPLE LOW FAT MILK	15  PIZZABURGER TATOR TOTS ITALIAN GREEN BEANS ORANGES LOW FAT MILK	16  CHICKEN FAJITAS SPANISH RICE SALSA REFRIED BEANS BABY CARROTS APPLESAUCE LOW FAT MILK	17  CHICKEN QUESADILLA TOSSED SALAD MEXICALI CORN FRUIT COCKTAIL LOW FAT MILK	18  PIZZA HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES FRESH FRUIT LOW FAT MILK ANIMAL CRACKERS	Calories 696 Sodium 1115 mg Total Fat 19.89 g 25.7% Saturated Fat 5.03 g 6.5%
21 NO SCHOOL   Martin Luther King Day	22  CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES BANANA LOW FAT MILK	23  CHICKEN & DUMPLINGS WHOLE GRAIN ROLL MIXED VEGETABLES BROCCOLI SALAD PINEAPPLE LOW FAT MILK	24  BEEF BURRITO BABY CARROTS REFRIED BEANS SPANISH RICE FRESH APPLE LOW FAT MILK	25  PIZZA HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 690 Sodium 986 mg Total Fat 18.92 g 24.7% Saturated Fat 5.25 g 6.9%
28  CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	29  CHICKEN FRIES WHOLE GRAIN ROLL MASHED POTATOES CHICKEN GRAVY TOSSED SALAD BANANA LOW FAT MILK	30  TWISTED CHICKEN ALFREDO GARLIC BREAD STEAMED CARROTS TOSSED SALAD FRUIT COCKTAIL LOW FAT MILK	31  PULLED PORK SANDWICH CREAMY COLE SLAW TATOR TOTS TROPICAL FRUIT LOW FAT MILK	FEB 1  PIZZA HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 702 Sodium 1111 mg Total Fat 19.39 g 24.9% Saturated Fat 5.40 g 6.9%

This institution is an equal opportunity provider.

ALL GRAINS ARE WHOLE GRAIN RICH

PIZZA & GARDEN CHEF SALADS AVAILABLE DAILY