



January

SALEM R-80 LUNCH MENU 9-12

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
31 NO SCHOOL	1 NO SCHOOL 	2 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE TATOR TOTS TROPICAL FRUIT FRESH APPLE LOW FAT MILK	3 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES GRAVY CORN FRUIT COCKTAIL FRESH FRUIT LOW FAT MILK	4 CHEESEBURGER BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH CARROTS FRESH FRUIT PEACHES LOW FAT MILK	Calories 850 Sodium 1151 mg Total Fat 24.41 g 25.7% Saturated Fat 6.64 g 7.0%
7 BBQ RIB ON BUN COLESLAW TATOR TOTS FRESH FRUIT PEARS LOW FAT MILK	8 CHILI FRITOS 1/2 PB SANDWICH TOSSED SALAD FRESH CARROTS FRESH BROCCOLI BANANA APPLESAUCE LOW FAT MILK	9 FISH FILLET PINTO BEANS CORNBREAD TRI POTATO'S ORANGES PINEAPPLE LOW FAT MILK	10 BBQ CHICKEN NACHO'S TOSSED SALAD REFRIED BEANS MANDARIN ORANGES FRESH APPLE LOW FAT MILK	11 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH CARROTS FRESH FRUIT PEACHES LOW FAT MILK	Calories 786 Sodium 1041 mg Total Fat 24.09 g 27.9% Saturated Fat 6.04 g 7.0%
14 CHICKEN NUGGETS BROCCOLI & CHEESE RICE MIXED VEGETABLES SALAD W/CROUTONS FRESH FRUIT PINEAPPLE LOW FAT MILK	15 PIZZABURGER TATOR TOTS ITALIAN GREEN BEANS FRESH FRUIT MANDARIN ORANGES LOW FAT MILK	16 CHICKEN FAJITAS SPANISH RICE SALSA REFRIED BEANS FRESH CARROTS APPLESAUCE ORANGES LOW FAT MILK	17 CHICKEN QUESADILLA TOSSED SALAD SALSA MEXICALI CORN APPLE SLICES FRUIT COCKTAIL LOW FAT MILK	18 CHEESEBURGER BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH CARROTS FRESH FRUIT PEACHES LOW FAT MILK	Calories 807 Sodium 1130 mg Total Fat 22.80 g 25.4% Saturated Fat 6.00 g 6.7%
21 	22 CHICKEN PATTY ON BUN POTATO SMILES FRESH BROCCOLI LETTUCE TOMATO SLICES ORANGES APPLESAUCE LOW FAT MILK	23 CHICKEN & DUMPLINGS WHOLE GRAIN ROLL BROCCOLI SALAD MIXED VEGETABLES DICED PEACHES FRESH APPLE LOW FAT MILK	24 PEPPERONI CALZONE TOSSED SALAD GREEN BEANS FRESH FRUIT TROPICAL FRUIT LOW FAT MILK	25 CHEESEBURGER BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH CARROTS FRESH FRUIT PEACHES LOW FAT MILK	Calories 783 Sodium 1039 mg Total Fat 22.87 g 26.3% Saturated Fat 6.41 g 7.4%
28 CORN DOG VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES LOW FAT MILK	29 CHICKEN FRIES HOT ROLL MASHED POTATOES GRAVY TOSSED SALAD BANANA APPLESAUCE LOW FAT MILK	30 TWISTED CHICKEN ALFREDO GARLIC BREAD STEAMED CARROTS TOSSED SALAD FRUIT COCKTAIL FRESH FRUIT LOW FAT MILK	31 PULLED PORK SANDWICH COLESLAW TATOR TOTS ORANGES TROPICAL FRUIT LOW FAT MILK	FEB 1 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH CARROTS FRESH FRUIT PEACHES LOW FAT MILK	Calories 827 Sodium 1249 mg Total Fat 23.00 g 25.0% Saturated Fat 5.85 g 6.4%

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ALLGRAINS ARE WHOLE GRAIN RICH

PIZZA, GARDEN CHEF SALADS AND GRAB N' GO CHOICES AVAILABLE DAILY