



SALEM R-80 LUNCH MENU K-5

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
DEC 31 NO SCHOOL	1 	2 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK	3 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES & GRAVY CORN FRUIT COCKTAIL LOW FAT MILK	4 PIZZA TOSSED SALAD CARROTEENIE'S FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 659 Sodium 1006 mg Total Fat 18.31 g 25.0% Saturated Fat 5.07 g 6.9%
7 BBQ RIB ON BUN CREAMY COLE SLAW TATOR TOTS APPLE SLICES LOW FAT MILK	8 CHILI FRITOS CELERY STICKS BABY CARROTS BANANA LOW FAT MILK	9 FISH SHAPES CORNBREAD PINTO BEANS TRI POTATO MANDARIN ORANGES LOW FAT MILK	10 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK	11 PIZZA TOSSED SALAD BABY CARROTS FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 642 Sodium 1045 mg Total Fat 19.82 g 27.8% Saturated Fat 4.45 g 6.2%
14 CHICKEN NUGGETS RICE PILAF TRI POTATO MIXED VEGETABLES APPLE SLICES LOW FAT MILK	15 SLOPPY JOE ON BUN OVEN FRIES CELERY STICKS BANANA LOW FAT MILK	16 CHICKEN TETRAZZINI WG BREADSTICK STEAMED CARROTS FRESH BROCCOLI APPLESAUCE LOW FAT MILK	17 HOT DOG ON BUN VEGETARIAN BEANS TATOR TOTS PEACHES LOW FAT MILK	18 PIZZA TOSSED SALAD FRESH CARROTS FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 647 Sodium 997 mg Total Fat 17.89 g 24.9% Saturated Fat 4.39 g 6.1%
21 NO SCHOOL 	22 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES BANANA LOW FAT MILK	23 CHICKEN & DUMPLINGS WG BREADSTICK BROCCOLI SALAD MIXED VEGETABLES DICED PEACHES LOW FAT MILK	24 BURRITO REFRIED BEANS SPANISH RICE BABY CARROTS FRESH APPLE LOW FAT MILK	25 PIZZA TOSSED SALAD CARROTEENIE'S FRESH FRUIT LOW FAT MILK RICE KRISPIE TREAT	Calories 610 Sodium 826 mg Total Fat 16.32 g 24.1% Saturated Fat 3.13 g 4.6%
28 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	29 CHICKEN FRIES WG BREADSTICK MASHED POTATOES GRAVY TOSSED SALAD BANANA LOW FAT MILK	30 TWISTED CHICKEN ALFREDO STEAMED BROCCOLI CARROTEENIE'S APPLESAUCE LOW FAT MILK	31 PULLED PORK SANDWICH CREAMY COLE SLAW TATOR TOTS FRUIT COCKTAIL LOW FAT MILK	FEB 1 PIZZA TOSSED SALAD BABY CARROTS FRESH FRUIT LOW FAT MILK COOKIE	Calories 650 Sodium 1088 mg Total Fat 17.71 g 24.5% Saturated Fat 4.64 g 6.4%

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

GARDEN CHEF SALADS ARE OFFERED ON FRIDAY'S AS A CHOICE