




SALEM R-80 LUNCH MENU GRADES 6-8



2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
 <p>SWEET POTATOES ARE HIGH IN BETA CAROTENE, COPPER, MANGANESE, POTASSIUM, IRON, AND VITAMIN B-6. THEY ARE A GOOD SOURCE OF VITAMINS A, C AND E ALSO. DID YOU KNOW THAT YAMS AND SWEET POTATOES ARE NOT THE SAME THING?</p>			1 BBQ RIB ON BUN BAKED BEANS TATOR TOTS MANDARIN ORANGES LOW FAT MILK	2 PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE & TOMATO GRAPES COOKIE LOW FAT MILK	Calories 778 Sodium 1346 mg Total Fat 20.81 g 24.1% Saturated Fat 5.81 g 6.7%
5 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE & TOMATO ORANGES LOW FAT MILK	6 FISH SHAPES CORNBREAD PINTO BEANS POTATO TRIANGLE BANANA LOW FAT MILK	7 CHICKEN TACOS REFRIED BEANS APPLE SLICES SALSA LOW FAT MILK	8 COUNTRY STEAK WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY STEAMED CARROTS FRESH FRUIT LOW FAT MILK	9 PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE & TOMATO RICE KRISPIE TREAT GRAPES LOW FAT MILK	Calories 732 Sodium 1130 mg Total Fat 20.08 g 24.7% Saturated Fat 5.99 g 7.4%
12 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK	13 BBQ CHICKEN NACHO'S TOSSED SALAD REFRIED BEANS MANDARIN ORANGES LOW FAT MILK	14 ROAST TURKEY CORNBREAD STUFFING WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY STEAMED CARROTS FRESH FRUIT LOW FAT MILK PUDDING	15 PEPPERONI BOSCO STICKS BABY CARROTS FRESH BROCCOLI TOSSED SALAD APPLESAUCE LOW FAT MILK	16 PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE & TOMATO GRAPES LOW FAT MILK ANIMAL CRACKERS	Calories 717 Sodium 1175 mg Total Fat 19.02 g 23.9% Saturated Fat 6.36 g 8.0%
19 CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS ORANGES LOW FAT MILK	20 BEACON STREET CHEESE BREAD STICK ROTINI STEAMED BROCCOLI PIZZA SAUCE DICED PEACHES LOW FAT MILK	21 NO SCHOOL TODAY	22 	23 NO SCHOOL TODAY	Calories 677 Sodium 1129 mg Total Fat 20.36 g 27.1% Saturated Fat 5.97 g 7.9%
26 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	27 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY CORN FRUIT COCKTAIL LOW FAT MILK	28 TACO SALAD REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK	29 CHICKEN PARMESAN GREEN BEANS TOSSED SALAD FRESH FRUIT GARLIC BREAD LOW FAT MILK	30 PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE & TOMATO GRAPES LOW FAT MILK COOKIE	

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

PIZZA OR GARDEN CHEF SALADS OFFERED DAILY AS A CHOICE