



# SALEM R-80 MIDDLE SCHOOL LUNCH 6-8

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI BABY CARROTS PIZZA SAUCE PEACHES LOW FAT MILK	2 MEATLOAF AU GRATIN POTATOES STEAMED CARROTS WHOLE GRAIN ROLL APPLE SLICES LOW FAT MILK	3 FISH STICKS CORNBREAD PINTO BEANS POTATO SMILES MANDARIN ORANGES LOW FAT MILK	4 CHICKEN NUGGETS BROWN RICE PILAF BROCCOLI SALAD PEAS & CARROTS PINEAPPLE LOW FAT MILK	5 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE	Calories 728 Sodium 1183 mg Total Fat 20.02 g 24.8% Saturated Fat 5.91 g 7.3%
8 BBQ RIB ON BUN BAKED BEANS OVEN FRIES FRESH APPLE LOW FAT MILK	9 SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS BABY CARROTS BANANA LOW FAT MILK	10 BEACON STREET CHEESE BREAD STICK ROTINI STEAMED BROCCOLI PIZZA SAUCE DICED PEACHES LOW FAT MILK	11 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES GRAVY CORN FRUIT COCKTAIL LOW FAT MILK	12 HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 676 Sodium 1048 mg Total Fat 16.81 g 22.4% Saturated Fat 5.66 g 7.5%
15 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGE LOW FAT MILK	16 HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES BANANA LOW FAT MILK	17 LASAGNA GREEN BEANS BABY CARROTS GARLIC BREAD TROPICAL FRUIT LOW FAT MILK	18 PEPPERONI BOSCO STICKS BABY CARROTS FRESH BROCCOLI TOSSED SALAD APPLESAUCE LOW FAT MILK	19 NO SCHOOL TODAY	Calories 683 Sodium 1099 mg Total Fat 17.86 g 23.5% Saturated Fat 5.74 g 7.6%
22 NO SCHOOL TODAY	23 CORN DOG GARDEN CHEF SALAD PIZZA VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	24 PULLED PORK SANDWICH VEGETARIAN BEANS CREAMY COLE SLAW TRI POTATO BANANA LOW FAT MILK	25 CHILI CRACKERS 1/2 PB SANDWICH BABY CARROTS CELERY STICKS FRESH BROCCOLI ORANGES LOW FAT MILK	26 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK DESPICABLY ME GRAHAMS	Calories 759 Sodium 1277 mg Total Fat 22.38 g 26.5% Saturated Fat 6.62 g 7.9%
29 CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS ORANGES LOW FAT MILK	30 TOASTED CHEESE SANDWICH TOMATO SOUP FRESH BROCCOLI FRESH APPLE LOW FAT MILK	31 TACO SALAD REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK			Calories 650 Sodium 1277 mg Total Fat 19.71 g 27.3% Saturated Fat 6.45 g 8.9%

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ALLGRAINS ARE WHOLE GRAIN RICH

PIZZA OR GARDEN CHEF SALADS OFFERED DAILY AS A CHOICE