


SALEM R-80 LUNCH MENU GRADES 6-8



2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> 	<p>4</p> <p>MOZZARELLA STICKS ROTINI STEAMED BROCCOLI BABY CARROTS PIZZA SAUCE PEACHES LOW FAT MILK</p>	<p>5</p> <p>SLOPPY JOE ON BUN CELERY STICKS POTATO SMILES ORANGES LOW FAT MILK</p>	<p>6</p> <p>ORANGE CHICKEN RICE BOWL STEAMED BROCCOLI BABY CARROTS PINEAPPLE LOW FAT MILK</p>	<p>7</p> <p>PIZZA OR HAMBURGER ON BUN LETTUCE OVEN FRIES TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 681 Sodium 1029 mg Total Fat 20.92 g 27.6% Saturated Fat 6.42 g 8.5%</p>
<p>10</p> <p>CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS ORANGES LOW FAT MILK</p>	<p>11</p> <p>SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS BABY CARROTS FRESH APPLE LOW FAT MILK</p>	<p>12</p> <p>BEACON STREET CHEESE BREAD STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE BANANA LOW FAT MILK</p>	<p>13</p> <p>BEEF BURRITO BABY CARROTS REFRIED BEANS SPANISH RICE FRESH APPLE LOW FAT MILK</p>	<p>14</p> <p>PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE</p>	<p>Calories 667 Sodium 1022 mg Total Fat 18.14 g 24.5% Saturated Fat 5.95 g 8.0%</p>
<p>17</p> <p>CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGE LOW FAT MILK</p>	<p>18</p> <p>CHICKEN & DUMPLINGS WHOLE GRAIN ROLL MASHED POTATOES FRESH BROCCOLI PINEAPPLE LOW FAT MILK</p>	<p>19</p> <p>CHILI MAC WG BREADSTICK TOSSED SALAD PEAS BANANA LOW FAT MILK</p>	<p>20</p> <p>HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES FRESH FRUIT LOW FAT MILK</p>	<p>21</p> <p>PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 706 Sodium 1110 mg Total Fat 19.97 g 24.4% Saturated Fat 5.73 g 7.0%</p>
<p>24</p> <p>CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK</p>	<p>25</p> <p>CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES CHICKEN GRAVY CORN FRUIT COCKTAIL LOW FAT MILK</p>	<p>26</p> <p>BOSCO STICKS PIZZA SAUCE TOSSED SALAD BANANA LOW FAT MILK</p>	<p>27</p> <p>TACO SALAD REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK</p>	<p>28</p> <p>PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK ANIMAL CRACKERS</p>	<p>Calories 690 Sodium 1096 mg Total Fat 17.92 g 23.4% Saturated Fat 6.11 g 8.0%</p>

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ALLGRAINS ARE WHOLE GRAIN RICH