

SALEM R-80 HIGH SCHOOL 9-12 LUNCH



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 MEATBALL SUB ITALIAN GREEN BEANS TATOR TOTS FRESH APPLE MANDARIN ORANGES LOW FAT MILK	2 CHEESEBURGER OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES COOKIE LOW FAT MILK	Calories 867 Sodium 1291 mg Total Fat 25.84 g 26.8% Saturated Fat 8.88 g 9.2%
5 CHICKEN PATTY ON BUN POTATO SMILES FRESH BROCCOLI LETTUCE & TOMATO ORANGES APPLESAUCE LOW FAT MILK	6 FISH SANDWICH PINTO BEANS TRI POTATO'S MANDARIN ORANGES BANANA LOW FAT MILK	7 CHICKEN TACOS W/SALSA SPANISH RICE REFRIED BEANS APPLE SLICES FRUIT COCKTAIL LOW FAT MILK	8 CHICKEN & DUMPLINGS SCHOOL MADE ROLL MASHED POTATOES STEAMED CARROTS FRESH FRUIT APPLESAUCE LOW FAT MILK	9 CHEESEBURGER OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES COOKIE LOW FAT MILK	Calories 873 Sodium 1228 mg Total Fat 22.99 g 23.7% Saturated Fat 6.81 g 7.0%
12 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE FRESH CARROTS DICED PEACHES FRESH APPLE LOW FAT MILK	13 BBQ CHICKEN NACHO'S TOSSED SALAD REFRIED BEANS MANDARIN ORANGES FRESH APPLE LOW FAT MILK	14 ROAST TURKEY CORNBREAD STUFFING WHOLE GRAIN ROLL MASHED POTATOES & GRAVY STEAMED CARROTS FRESH FRUIT TROPICAL FRUIT PUDDING LOW FAT MILK	15 PEPPERONI BOSCO STICKS BABY CARROTS TOSSED SALAD FRESH BROCCOLI FRUIT COCKTAIL FRESH APPLE LOW FAT MILK	16 HAMBURGER ON BUN OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES COOKIE LOW FAT MILK	Calories 826 Sodium 1231 mg Total Fat 21.16 g 23.1% Saturated Fat 7.02 g 7.7%
19 CHICKEN TENDERS BROWN RICE PILAF TRI POTATO'S MIXED VEGETABLES PINEAPPLE ORANGES LOW FAT MILK	20 BEACON STREET CHEESE BREAD STICKS, ROTINI BABY CARROTS PIZZA SAUCE BROCCOLI SALAD DICED PEACHES FRESH FRUIT LOW FAT MILK	21 NO SCHOOL TODAY	22 	23 NO SCHOOL TODAY	Calories 817 Sodium 1174 mg Total Fat 24.88 g 27.4% Saturated Fat 6.81 g 7.5%
26 CORN DOG VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES LOW FAT MILK	27 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES & GRAVY CORN FRUIT COCKTAIL FRESH FRUIT LOW FAT MILK	28 TACO SALAD W/ SALSA REFRIED BEANS MEXICALI CORN PEACHES FRESH APPLE LOW FAT MILK	29 CHICKEN PARMESAN TOSSED SALAD GREEN BEANS GARLIC BREAD FRESH FRUIT PINEAPPLE LOW FAT MILK	30 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES PEACHES LOW FAT MILK	Calories 831 Sodium 1173 mg Total Fat 22.38 g 24.2% Saturated Fat 6.85 g 7.4%

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ALLGRAINS ARE WHOLE GRAIN RICH

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