



SALEM R-80 HIGH SCHOOL LUNCH MENU 9-12 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 BOSCO STICKS TOSSED SALAD BABY CARROTS GRAPE TOMATOES MACARONI SALAD PEACHES FRESH APPLE LOW FAT MILK	2 MEATLOAF AU GRATIN POTATOES STEAMED CARROTS WHOLE GRAIN ROLL APPLE SLICES FRUIT COCKTAIL LOW FAT MILK	3 FISH SANDWICH PINTO BEANS TRI POTATO'S MANDARIN ORANGES BANANA LOW FAT MILK	4 CHICKEN NUGGETS BROWN RICE PILAF PEAS & CARROTS BROCCOLI SALAD ORANGES PINEAPPLE LOW FAT MILK	5 CHEESEBURGER BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES LOW FAT MILK COOKIE	Calories 828 Sodium 1256 mg Total Fat 22.52 g 24.5% Saturated Fat 6.76 g 7.4%
8 BBQ RIB ON BUN BAKED BEANS OVEN FRIES FRESH FRUIT PEARS LOW FAT MILK	9 SPAGHETTI W/MEAT SAUCE GARLIC BREAD TOSSED SALAD GREEN BEANS BANANA FRUIT COCKTAIL LOW FAT MILK	10 BEACON STREET CHEESE BREAD STICKS ROTINI BABY CARROTS PIZZA SAUCE TOSSED SALAD DICED PEACHES FRESH FRUIT LOW FAT MILK	11 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES GRAVY CORN FRUIT COCKTAIL ORANGES LOW FAT MILK	12 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES LOW FAT MILK COOKIE	Calories 793 Sodium 1076 mg Total Fat 20.78 g 23.6% Saturated Fat 7.03 g 8.0%
15 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	16 CHICKEN QUESADILLA SALSA TOSSED SALAD REFRIED BEANS APPLE SLICES FRUIT COCKTAIL LOW FAT MILK	17 LASAGNA GARLIC BREAD TOSSED SALAD WG CROUTON GREEN BEANS TROPICAL FRUIT FRESH APPLE LOW FAT MILK	18 PEPPERONI BOSCO STICKS BABY CARROTS TOSSED SALAD FRESH BROCCOLI PEACHES FRESH APPLE LOW FAT MILK	19 NO SCHOOL TODAY	Calories 764 Sodium 1088 mg Total Fat 20.95 g 25.3% Saturated Fat 6.77 g 8.2%
22 NO SCHOOL TODAY	23 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT ORANGES LOW FAT MILK	24 PULLED PORK SANDWICH COLESLAW SWEET POTATO FRIES BANANA TROPICAL FRUIT LOW FAT MILK	25 CHILI W/FRITOS 1/2 PB SANDWICH TOSSED SALAD FRESH BABY CARROTS FRESH BROCCOLI ORANGES APPLESAUCE LOW FAT MILK	26 HAMBURGER ON BUN BIG DADDY'S PIZZA OVEN FRIES LETTUCE& TOMATO FRESH CARROTS GRAPES & PEACHES LOW FAT MILK COOKIE	Calories 908 Sodium 1358 mg Total Fat 26.69 g 26.5% Saturated Fat 7.61 g 7.5%
29 CHICKEN TENDERS BROWN RICE PILAF OVEN TOTS TOSSED SALAD PINEAPPLE ORANGES LOW FAT MILK	30 TOASTED CHEESE SANDWICH TOMATO SOUP CRACKERS TOSSED SALAD FRESH CARROTS CELERY STICKS FRESH APPLE MANDARIN ORANGES LOW FAT MILK	31 TACO SALAD REFRIED BEANS MEXICALI CORN PEACHES FRESH APPLE LOW FAT MILK			Calories 781 Sodium 1324 mg Total Fat 21.55 g 24.8% Saturated Fat 6.93 g 8.0%

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

PIZZA, GARDEN CHEF SALADS AND GRAB N GO MEALS AVAILABLE AS A CHOICE DAILY