


SALEM R-80 LUNCH MENU 9-12 SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> 	<p>4</p> <p>PEPPERONI BOSCO STICKS BABY CARROTS TOSSED SALAD FRESH BROCCOLI PEACHES FRESH APPLE LOW FAT MILK</p>	<p>5</p> <p>SLOPPY JOE ON BUN POTATO SMILES TOSSED SALAD BANANA TROPICAL FRUIT LOW FAT MILK</p>	<p>6</p> <p>ORANGE CHICKEN RICE BOWL STEAMED BROCCOLI TOSSED SALAD PINEAPPLE ORANGES LOW FAT MILK</p>	<p>7</p> <p>HAMBURGER ON BUN OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK COOKIE</p>	<p>Calories 808 Sodium 1094 mg Total Fat 21.92 g 24.4% Saturated Fat 7.38 g 8.2%</p>
<p>10</p> <p>CHICKEN TENDERS BROWN RICE PILAF TATOR TOTS TOSSED SALAD PINEAPPLE ORANGES LOW FAT MILK</p>	<p>11</p> <p>SPAGHETTI & MEAT SAUCE GARLIC BREAD TOSSED SALAD GREEN BEANS FRESH APPLE FRUIT COCKTAIL LOW FAT MILK</p>	<p>12</p> <p>BEACON STREET CHEESE BREAD STICKS ROTINI BABY CARROTS PIZZA SAUCE TOSSED SALAD PEACHES BANANA LOW FAT MILK</p>	<p>13</p> <p>BEEF BURRITO W/SALSA SPANISH RICE CORN REFRIED BEANS ORANGES PEARS LOW FAT MILK</p>	<p>14</p> <p>CHEESEBURGER OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK COOKIE</p>	<p>Calories 786 Sodium 1023 mg Total Fat 22.46 g 25.7% Saturated Fat 7.13 g 8.2%</p>
<p>17</p> <p>CHICKEN PATTY ON BUN POTATO SMILES VEGETARIAN BEANS LETTUCE TOMATO SLICES ORANGES APPLESAUCE LOW FAT MILK</p>	<p>18</p> <p>CHICKEN & DUMPLINGS WHOLE GRAIN ROLL MASHED POTATOES CORN DICED PEACHES FRESH APPLE LOW FAT MILK</p>	<p>19</p> <p>CHILI MAC WG BREADSTICK PEAS TOSSED SALAD PEACHES BANANA LOW FAT MILK</p>	<p>20</p> <p>PEPPERONI CALZONE BABY CARROTS CELERY STICKS TOSSED SALAD FRESH FRUIT TROPICAL FRUIT LOW FAT MILK</p>	<p>21</p> <p>HAMBURGER ON BUN OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK COOKIE</p>	<p>Calories 789 Sodium 991 mg Total Fat 21.25 g 24.3% Saturated Fat 6.56 g 7.5%</p>
<p>24</p> <p>CORN DOG VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES LOW FAT MILK</p>	<p>25</p> <p>CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES CHICKEN GRAVY CORN FRUIT COCKTAIL ORANGES LOW FAT MILK</p>	<p>26</p> <p>BOSCO STICKS TOSSED SALAD CHERRY TOMATOES BABY CARROTS BANANA PEACHES LOW FAT MILK</p>	<p>27</p> <p>TACO SALAD SALSA REFRIED BEANS MEXICALI CORN PEACHES FRESH APPLE LOW FAT MILK</p>	<p>28</p> <p>CHEESEBURGER OR BIG DADDY'S PIZZA OVEN FRIES LETTUCE TOMATO SLICES FRESH BABY CARROTS GRAPES PEACHES LOW FAT MILK COOKIE</p>	<p>Calories 825 Sodium 1202 mg Total Fat 22.50 g 24.5% Saturated Fat 7.15 g 7.8%</p>

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ALLGRAINS ARE WHOLE GRAIN RICH

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