

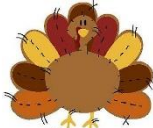


SALEM R-80 LUNCH MENU K-5



2018

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>			<p>1</p> <p>HAMBURGER ON BUN TATOR TOTS LETTUCE & TOMATO APPLESAUCE LOW FAT MILK</p>	<p>2</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK ANIMAL CRACKERS</p>	<p>Calories 644 Sodium 1006 mg Total Fat 19.12 g 25.9% Saturated Fat 5.28 g 7.2%</p>
<p>5</p> <p>CHICKEN PATTY ON BUN POTATO SMILES LETTUCE & TOMATO ORANGES LOW FAT MILK</p>	<p>6</p> <p>FISH SHAPES CORNBREAD PINTO BEANS TRI POTATO 100% JUICE LOW FAT MILK</p>	<p>7</p> <p>SLOPPY JOE ON BUN VEGETARIAN BEANS SWEET POTATO FRIES APPLESAUCE LOW FAT MILK</p>	<p>8</p> <p>CHILI MAC BREADSTICK STEAMED PEAS PEACHES LOW FAT MILK</p>	<p>9</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES RICE KRISPIE TREAT LOW FAT MILK</p>	<p>Calories 659 Sodium 1042 mg Total Fat 17.05 g 23.3% Saturated Fat 4.62 g 6.3%</p>
<p>12</p> <p>MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK</p>	<p>13</p> <p>BBQ CHICKEN NACHO'S REFRIED BEANS CORN MANDARIN ORANGES LOW FAT MILK</p>	<p>14</p> <p>ROAST TURKEY CORNBREAD STUFFING WHOLE GRAIN ROLL MASHED POTATOES & GRAVY STEAMED CARROTS FRESH FRUIT PUDDING LOW FAT MILK</p>	<p>15</p> <p>BBQ RIB ON BUN BAKED BEANS OVEN FRIES APPLE SLICES LOW FAT MILK</p>	<p>16</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES COOKIE LOW FAT MILK</p>	<p>Calories 651 Sodium 1055 mg Total Fat 15.83 g 21.5% Saturated Fat 5.18 g 7.0%</p>
<p>19</p> <p>CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS ORANGES LOW FAT MILK</p>	<p>20</p> <p>BEACON STREET CHEESE BREAD STICK ROTINI MIXED VEGETABLES PIZZA SAUCE DICED PEACHES LOW FAT MILK</p>	<p>21</p> <p>NO SCHOOL TODAY</p>	<p>22</p>  <p>Happy Thanksgiving</p>	<p>23</p> <p>NO SCHOOL TODAY</p>	<p>Calories 678 Sodium 1072 mg Total Fat 20.19 g 26.8% Saturated Fat 5.76 g 7.6%</p>
<p>26</p> <p>CORN DOG VEGETARIAN BEANS CARROTEENIE'S TRI POTATO TROPICAL FRUIT LOW FAT MILK</p>	<p>27</p> <p>CHICKEN SMACKERS WG BREADSTICK MASHED POTATOES & GRAVY CORN FRUIT COCKTAIL LOW FAT MILK</p>	<p>28</p> <p>TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK</p>	<p>29</p> <p>CHEESEBURGER TATOR TOTS LETTUCE & TOMATO APPLESAUCE LOW FAT MILK</p>	<p>30</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 655 Sodium 1098 mg Total Fat 18.15 g 24.7% Saturated Fat 5.42 g 7.4%</p>

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH