

October

SALEM R-80 LUNCH MENU K-5

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK	2 MEATLOAF AU GRATIN POTATOES WHOLE GRAIN ROLL STEAMED CARROTS APPLE SLICES LOW FAT MILK	3 FISH SHAPES CORNBREAD PINTO BEANS POTATO SMILES MANDARIN ORANGES LOW FAT MILK	4 CHICKEN NUGGETS BROWN RICE PILAF FRESH BROCCOLI PEAS & CARROTS PINEAPPLE LOW FAT MILK	5 PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 650 Sodium 1218 mg Total Fat 17.55 g 24.3% Saturated Fat 4.90 g 6.8%
8 BBQ RIB ON BUN BAKED BEANS OVEN FRIES APPLE SLICES LOW FAT MILK	9 SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS BANANA LOW FAT MILK	10 BEACON STREET CHEESE BREAD STICK ROTINI STEAMED BROCCOLI PIZZA SAUCE DICED PEACHES LOW FAT MILK	11 CHICKEN SMACKERS MASHED POTATOES CHICKEN GRAVY CORN FRUIT COCKTAIL LOW FAT MILK	12 PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK ANIMAL CRACKERS	Calories 648 Sodium 988 mg Total Fat 16.13 g 22.4% Saturated Fat 5.67 g 7.9%
15 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	16 HOT DOG HOT DOG BUN VEGETARIAN BEANS OVEN FRIES APPLE SLICES LOW FAT MILK	17 LASAGNA GREEN BEANS WG BREADSTICK TROPICAL FRUIT LOW FAT MILK	18 PEPPERONI BOSCO STICKS ROTINI CARROTEENIE'S TOSSED SALAD JUICE LOW FAT MILK	19 NO SCHOOL TODAY	Calories 619 Sodium 987 mg Total Fat 14.91 g 21.7% Saturated Fat 4.29 g 6.2%
22 NO SCHOOL TODAY	23 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	24 PULLED PORK SANDWICH COLESLAW SWEET POTATO FRIES BANANA LOW FAT MILK	25 CHILI CELERY STICKS CRACKERS 1/2 PB SANDWICH BABY CARROTS ORANGES LOW FAT MILK	26 PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 668 Sodium 1071 mg Total Fat 18.63 g 25.1% Saturated Fat 4.78 g 6.4%
29 CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS ORANGES LOW FAT MILK	30 TOASTED CHEESE SANDWICH TOMATO SOUP BABY CARROTS FRESH BROCCOLI FRESH APPLE LOW FAT MILK	31 TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK			Calories 642 Sodium 1243 mg Total Fat 20.62 g 28.9% Saturated Fat 6.69 g 9.4%

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ALLGRAINS ARE WHOLE GRAIN RICH