


# SALEM R-80 LUNCH MENU K-5



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> 	<p>4</p> <p>MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK</p>	<p>5</p> <p>SLOPPY JOE ON BUN POTATO SMILES CELERY STICKS BANANA LOW FAT MILK</p>	<p>6</p> <p>ORANGE CHICKEN RICE BOWL STEAMED CARROTS FRESH BROCCOLI PINEAPPLE LOW FAT MILK</p>	<p>7</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 646 Sodium 1041 mg Total Fat 15.68 g 21.4% Saturated Fat 4.87 g 6.6%</p>
<p>10</p> <p>CHICKEN TENDERS BROCCOLI CHEESE &amp; RICE TATOR TOTS ORANGES LOW FAT MILK</p>	<p>11</p> <p>SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS APPLE SLICES LOW FAT MILK</p>	<p>12</p> <p>BEACON STREET CHEESE BREAD STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE BANANA LOW FAT MILK</p>	<p>13</p> <p>BURRITO REFRIED BEANS SPANISH RICE BABY CARROTS FRESH APPLE LOW FAT MILK</p>	<p>14</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK ANIMAL CRACKERS</p>	<p>Calories 655 Sodium 957 mg Total Fat 18.31 g 24.8% Saturated Fat 5.51 g 7.5%</p>
<p>17</p> <p>CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK</p>	<p>18</p> <p>CHICKEN &amp; DUMPLINGS WG BREADSTICK MASHED POTATOES FRESH BROCCOLI PINEAPPLE LOW FAT MILK</p>	<p>19</p> <p>CHILI MAC WG BREADSTICK PEAS BANANA LOW FAT MILK</p>	<p>20</p> <p>HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES APPLE SLICES LOW FAT MILK</p>	<p>21</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 633 Sodium 954 mg Total Fat 15.05 g 21.4% Saturated Fat 3.78 g 5.4%</p>
<p>24</p> <p>CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK</p>	<p>25</p> <p>CHICKEN SMACKERS MASHED POTATOES GRAVY CORN FRUIT COCKTAIL LOW FAT MILK</p>	<p>26</p> <p>HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES BANANA LOW FAT MILK</p>	<p>27</p> <p>TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK</p>	<p>28</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK ANIMAL CRACKERS</p>	<p>Calories 648 Sodium 1039 mg Total Fat 17.69 g 24.2% Saturated Fat 5.35 g 7.3%</p>

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ALLGRAINS ARE WHOLE GRAIN RICH