

# SALEM R-80 LUNCH MENU GRADES 6-8



**2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Av g
3  CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK	4  CHILI FRITOS 1/2 PB SANDWICH BABY CARROTS CELERY STICKS FRESH BROCCOLI BANANA LOW FAT MILK	5  ORANGE CHICKEN RICE BOWL STEAMED BROCCOLI BABY CARROTS PINEAPPLE LOW FAT MILK	6  HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES DICED PEACHES LOW FAT MILK	7  PIZZA OR HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE	Calories 706 Sodium 1042 mg Total Fat 22.05 g 28.1% Saturated Fat 5.58 g 7.1%
10  BBQ RIB ON BUN BAKED BEANS OVEN FRIES TROPICAL FRUIT LOW FAT MILK	11  MEATLOAF AU GRATIN POTATOES STEAMED CARROTS WHOLE GRAIN ROLL BANANA LOW FAT MILK	12  BBQ CHICKEN NACHO'S TOSSED SALAD REFRIED BEANS MANDARIN ORANGES LOW FAT MILK	13  CHICKEN QUESADILLA TOSSED SALAD MEXICALI CORN APPLE SLICES LOW FAT MILK	14  PIZZA HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES COOKIE LOW FAT MILK	Calories 706 Sodium 1144 mg Total Fat 19.79 g 25.2% Saturated Fat 5.75 g 7.3%
17  CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	18  CHICKEN & DUMPLINGS WG BREAD STICK FRESH VEGGIES STEAMED BROCCOLI PINEAPPLE LOW FAT MILK	19  CHICKEN TENDERS MASHED POTATOES GRAVY GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE LOW FAT MILK	20  TACO SALAD REFRIED BEANS BABY CARROTS PEACHES LOW FAT MILK	21  BIG DADDY'S PIZZA OVEN FRIES TOSSED SALAD FRUIT COCKTAIL LOW FAT MILK JELLO	Calories 770 Sodium 1151 mg Total Fat 23.65 g 27.6% Saturated Fat 6.58 g 7.7%

This institution is an equal opportunity provider.

ALLGRAINS ARE WHOLE GRAIN RICH

PIZZA OR GARDEN CHEF SALADS OFFERED DAILY AS A CHOICE