

# SALEM R-80 LUNCH MENU K-5 DECEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES ORANGES LOW FAT MILK	4 CHILI FRITOS CELERY STICKS BABY CARROTS ORANGES LOW FAT MILK	5 ORANGE CHICKEN RICE BOWL STEAMED CARROTS FRESH BROCCOLI PINEAPPLE LOW FAT MILK	6 HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES APPLE SLICES LOW FAT MILK	7 PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 604 Sodium 901 mg Total Fat 17.23 g 25.7% Saturated Fat 3.83 g 5.7%
10 BBQ RIB ON BUN BAKED BEANS SWEET POTATO FRIES APPLE SLICES LOW FAT MILK	11 MEATLOAF AU GRATIN POTATOES WHOLE GRAIN ROLL GREEN BEANS BANANA LOW FAT MILK	12 BBQ CHICKEN NACHO'S REFRIED BEANS STEAMED BROCCOLI MANDARIN ORANGES LOW FAT MILK	13 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK	14 PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT	Calories 596 Sodium 972 mg Total Fat 15.30 g 23.1% Saturated Fat 3.99 g 6.0%
17 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT LOW FAT MILK	18 CHICKEN & DUMPLINGS WG BREADSTICK CARROTEENIE'S STEAMED BROCCOLI DICED PEACHES LOW FAT MILK	19 CHICKEN TENDERS MASHED POTATOES GRAVY WHOLE GRAIN ROLL GREEN BEANS APPLESAUCE LOW FAT MILK	20 TACO SALAD REFRIED BEANS PEACHES LOW FAT MILK	21 PIZZA CARROTEENIE'S OVEN FRIES FRUIT COCKTAIL LOW FAT MILK JELLO	Calories 655 Sodium 1054 mg Total Fat 19.54 g 26.1% Saturated Fat 4.69 g 6.3%

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ALLGRAINS ARE WHOLE GRAIN RICH