



SALEM R-80 MIDDLE SCHOOL LUNCH 6-8

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2	3 BBQ RIB ON BUN OVEN FRIES BAKED BEANS APPLE SLICES LOW FAT MILK	4 SPAGHETTI AND MEAT SAUCE ITALIAN BREAD GREEN BEANS BABY CARROTS BANANA LOW FAT MILK	5 TURKEY DELI SUB SUN CHIPS LETTUCE TOMATO SLICES VEGETARIAN BEANS APPLESAUCE LOW FAT MILK	6 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIES	Calories 708 Sodium 1104 mg Carbohydrate 105.84 g 59.8% Total Fat 18.98 g 24.1% Saturated Fat 5.60 g 7.1%
9 CHICKEN NUGGETS BROWN RICE PILAF BROCCOLI & CARROTS TOSSED SALAD APPLE SLICES LOW FAT MILK	10 BEEF BURRITO REFRIED BEANS SPANISH RICE SALSA TOSSED SALAD BANANA LOW FAT MILK	11 BEACON STREET BREAD STICK FRESH VEGETABLES TOSSED SALAD ROTINI STEAMED BROCCOLI PIZZA SAUCE DICED PEACHES LOW FAT MILK	12 CHILI MAC ITALIAN BREAD FRESH CARROTS PEAS FRUIT COCKTAIL LOW FAT MILK	13 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE	Calories 622 Sodium 937 mg Carbohydrate 91.03 g 58.5% Total Fat 15.82 g 22.9% Saturated Fat 5.17 g 7.5%
16 CHICKEN TENDERS FRESH VEGGIES BROCCOLI CHEESE & RICE TATOR TOTS APPLE SLICES LOW FAT MILK	17 BBQ CHICKEN NACHO'S REFRIED BEANS FRESH VEGETABLES MANDARIN ORANGES LOW FAT MILK	18 HAM SALAD SANDWICH VEGETARIAN BEANS GRAPE TOMATOES CELERY STICKS BANANA LOWFAT MILK	19 MOZZARELLA STICKS ROTINI STEAMED BROCCOLI FRESH VEGETABLES PEACHES PIZZA SAUCE LOW FAT MILK	20 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK COOKIE	Calories 692 Sodium 1187 mg Carbohydrate 97.47 g 56.3% Total Fat 20.17 g 26.2% Saturated Fat 5.46 g 7.1%
23 CORN DOG TRI POTATO TOSSED SALAD TROPICAL FRUIT LOW FAT MILK	24 CHICKEN & DUMPLINGS STEAMED CARROTS FRESH BROCCOLI SCHOOL MADE ROLL DICED PEACHES LOW FAT MILK	25 HOT DOG ON BUN OVEN FRIES SALAD VEGETARIAN BEANS BANANA LOW FAT MILK	26 CHICKEN SMACKERS MASHED POTATOES W/GRAVY MIXED VEGETABLES FRUIT COCKTAIL LOW FAT MILK	27 HAMBURGER ON BUN OVEN FRIES LETTUCE TOMATO SLICES GRAPES LOW FAT MILK ANIMAL CRACKERS	Calories 646 Sodium 1049 mg Carbohydrate 90.30 g 55.9% Total Fat 17.64 g 24.6% Saturated Fat 4.93 g 6.9%
30 CHICKEN QUESADILLA MEXICALI CORN FRESH VEGETABLES APPLESAUCE LOW FAT MILK					Calories 663 Sodium 1278 mg Carbohydrate 97.68 g 58.9% Total Fat 19.92 g 27.0% Saturated Fat 4.63 g 6.3%

This institution is an equal opportunity provider.

ALL GRAINS ARE WHOLE GRAIN RICH

GARDEN CHEF SALADS AND PIZZA ARE OFFERED DAILY AS A CHOICE