

SALEM R-80 LUNCH MENU K-5



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>2</p> <p><i>Happy Labor Day!!</i></p>	<p>3</p> <p>BBQ RIB ON BUN BAKED BEANS OVEN FRIES APPLE SLICES LOW FAT MILK</p>	<p>4</p> <p>SPAGHETTI AND MEAT SAUCE GREEN BEANS BANANA LOW FAT MILK</p>	<p>5</p> <p>TURKEY DELI SUB SUN CHIPS LETTUCE TOMATO SLICES VEGETARIAN BEANS APPLESAUCE LOW FAT MILK</p>	<p>6</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD CARROTEENIE'S GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 658 Sodium 1023 mg Total Fat 16.30 g 22.3% Saturated Fat 4.77 g 6.5%</p>
<p>9</p> <p>CHICKEN NUGGETS BROWN RICE PILAF BROCCOLI & CARROTS TOSSED SALAD APPLE SLICES LOW FAT MILK</p>	<p>10</p> <p>BEEF AND BEAN BURRITO REFRIED BEANS SPANISH RICE SALSA BANANA LOW FAT MILK</p>	<p>11</p> <p>BEACON STREET CHEESE BREAD STICK ROTINI STEAMED BROCCOLI PIZZA SAUCE DICED PEACHES LOW FAT MILK</p>	<p>12</p> <p>CHILI MAC ITALIAN BREAD PEAS FRUIT COCKTAIL LOW FAT MILK</p>	<p>13</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 627 Sodium 951 mg Total Fat 16.80 g 24.1% Saturated Fat 5.01 g 7.2%</p>
<p>16</p> <p>CHICKEN TENDERS BROCCOLI CHEESE & RICE TATOR TOTS FRESH APPLE LOW FAT MILK</p>	<p>17</p> <p>BBQ CHICKEN NACHO'S REFRIED BEANS CARROTEENIE'S MANDARIN ORANGES LOW FAT MILK</p>	<p>18</p> <p>HAM SALAD SANDWICH VEGETARIAN BEANS GRAPE TOMATOES CELERY STICKS BANANA LOWFAT MILK</p>	<p>19</p> <p>MOZZARELLA STICKS ROTINI STEAMED BROCCOLI PIZZA SAUCE PEACHES LOW FAT MILK</p>	<p>20</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK RICE KRISPIE TREAT</p>	<p>Calories 649 Sodium 1137 mg Total Fat 18.15 g 25.2% Saturated Fat 4.54 g 6.3%</p>
<p>23</p> <p>CORN DOG TRI POTATO TROPICAL FRUIT TOSSED SALAD LOW FAT MILK</p>	<p>24</p> <p>CHICKEN & DUMPLINGS SCHOOL MADE ROLL STEAMED CARROTS FRESH BROCCOLI DICED PEACHES LOW FAT MILK</p>	<p>25</p> <p>HOT DOG ON BUN VEGETARIAN BEANS OVEN FRIES BANANA LOW FAT MILK</p>	<p>26</p> <p>CHICKEN SMACKERS MIXED VEGETABLES MASHED POTATOES GRAVY FRUIT COCKTAIL LOW FAT MILK</p>	<p>27</p> <p>PIZZA OR CHEF SALAD TOSSED SALAD BABY CARROTS GRAPES LOW FAT MILK ANIMAL CRACKERS</p>	<p>Calories 613 Sodium 983 mg Total Fat 16.42 g 24.1% Saturated Fat 4.05 g 5.9%</p>
<p>30</p> <p>HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE LOW FAT MILK</p>					<p>Calories 636 Sodium 998 mg Total Fat 20.19 g 28.6% Saturated Fat 4.47 g 6.3%</p>

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ALLGRAINS ARE WHOLE GRAIN RICH