


SALEM R-80 LUNCH MENU GRADES 6-8



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
GARDEN CHEF SALADS OFFERED DAILY TROUGH DEC 9 TH			1 TOASTED CHEESE SANDWICH TOMATO SOUP FRESH BROCCOLI FRESH APPLE MILK	2 PIZZA TOSSED SALAD BABY CARROTS GRAPES, COOKIE MILK	Calories 658 Sodium 1411 mg Carbohydrate 99.75 g 60.6% Total Fat 17.66 g 24.1% Saturated Fat 7.47 g 10.2%
5 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	6 COUNTRY FRIED STEAK WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY STEAMED BROCCOLI APPLESAUCE MILK	7 CHICKEN PATTY HAMBURGER BUN POTATO SMILES LETTUCE & TOMATO SLICES BANANA MILK	8 CHILI FRITOS PEANUT BUTTER CELERY STICKS BABY CARROTS FRESH BROCCOLI ORANGES MILK	9 PIZZA TOSSED SALAD BABY CARROTS GRAPES, COOKIE MILK	Calories 670 Sodium 1027 mg Carbohydrate 93.95 g 56.1% Total Fat 19.68 g 26.4% Saturated Fat 5.35 g 7.2%
12 BOSCO STICKS MARINARA BROCCOLI & CARROTS FRUIT COCKTAIL MILK	13 HAMBURGER ON BUN FRENCH FRIES LETTUCE & TOMATO SLICES GRAPES MILK	14 SLOPPY JOE ON BUN ROASTED SWEET POTATOES VEGETARIAN BEANS BANANA MILK	15 CHICKEN TENDERS CORNBREAD STUFFING GREEN BEANS MASHED POTATOES FRUIT COCKTAIL MILK	16 WILD MIKES PIZZA POTATO SMILES CARROTEENIE'S APPLESAUCE MINI RICE KRISPIE TREAT MILK	Calories 683 Sodium 933 mg Carbohydrate 100.50 g 58.9% Total Fat 18.89 g 24.9% Saturated Fat 6.29 g 8.3%

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ALL GRAINS ARE WHOLE GRAIN RICH



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