

# SALEM R-80 LUNCH MENU GRADES 9-12



**2016**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 TOASTED CHEESE SANDWICH TOMATO SOUP OR PIZZA FRESH BABY CARROTS CELERY STICKS FRESH APPLE MANDARIN ORANGES MILK	2 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH BABY CARROTS GRAPES & PEACHES COOKIE MILK	Calories 758 Sodium 894 mg Carbohydrate 114.25 g 60.3% Total Fat 17.71 g 21.0% Saturated Fat 6.48 g 7.7%
5 CORN DOG OR PIZZA VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES MILK	6 COUNTRY FRIED STEAK W/ ROLL OR PIZZA MASHED POTATOES & GRAVY STEAMED BROCCOLI ORANGES APPLESAUCE MILK	7 CHICKEN PATTY ON BUN OR PIZZA POTATO SMILES FRESH BROCCOLI LETTUCE & TOMATO SLICES BANANA APPLESAUCE MILK	8 CHILI W/FRITOS OR PIZZA 1/2 PB SANDWICH CELERY STICKS CUCUMBERS FRESH BABY CARROTS FRESH BROCCOLI ORANGES APPLESAUCE MILK	9 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH BABY CARROTS GRAPES & PEACHES COOKIE MILK	Calories 842 Sodium 1253 mg Carbohydrate 127.69 g 60.6% Total Fat 24.38 g 26.1% Saturated Fat 6.69 g 7.2%
12 BOSCO STICKS W/ SAUCE OR PIZZA TOSSED SALAD BABY CARROTS PEACHES FRESH APPLE MILK	13 BBQ CHICKEN NACHO'S OR PIZZA BROCCOLI SALAD REFRIED BEANS MANDARIN ORANGES FRESH APPLE MILK	14 SLOPPY JOE ON BUN OR PIZZA POTATO SMILES TOSSED SALAD BANANA TROPICAL FRUIT MILK	15 CHICKEN TENDERS W/ ROLL OR PIZZA CORNBREAD STUFFING GREEN BEANS MASHED POTATOES & GRAVY FRUIT COCKTAIL FRESH FRUIT MILK	16 WILD MIKES PIZZA POTATO SMILES TOSSED SALAD FRUIT COCKTAIL APPLESAUCE MINI RICE KRISPIE TREAT & MILK	Calories 780 Sodium 1021 mg Carbohydrate 118.12 g 60.6% Total Fat 21.07 g 24.3% Saturated Fat 6.55 g 7.6%

This institution is an equal opportunity provider.

ALL GRAINS ARE WHOLE GRAIN RICH

**OFFERED DAILY:**

PIZZA

GARDEN CHEF SALADS

GRAB-N-GO LUNCHES

**Happy Holidays!**

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