


SALEM R-80 SCHOOL LUNCH MENU K-5



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 TOASTED CHEESE SANDWICH TOMATO SOUP FRESH BROCCOLI FRESH APPLE MILK	2 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES, COOKIE MILK	Calories 650 Sodium 1386 mg Carbohydrate 100.52 g 61.9% Total Fat 16.59 g 23.0% Saturated Fat 7.44 g 10.3%
5 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	6 COUNTRY FRIED STEAK WHOLE GRAIN ROLL MASHED POTATOES STEAMED BROCCOLI APPLESAUCE MILK	7 CHICKEN PATTY ON BUN OR CHEF SALAD POTATO SMILES LETTUCE TOMATO SLICES BANANA MILK	8 CHILI FRITOS CELERY STICKS W/ PEANUT BUTTER DIP BABY CARROTS ORANGES MILK	9 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES, COOKIE MILK	Calories 657 Sodium 974 mg Carbohydrate 92.69 g 56.4% Total Fat 19.01 g 26.0% Saturated Fat 5.45 g 7.5%
12 MOZZARELLA STICKS W/SAUCE ROTINI STEAMED BROCCOLI PEACHES MILK	13 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE MILK	14 SLOPPY JOE ON BUN ROASTED SWEET POTATOES VEGETARIAN BEANS BANANA MILK	15 CHICKEN TENDERS CORNBREAD STUFFING GREEN BEANS MASHED POTATOES & GRAVY FRUIT COCKTAIL MILK	16 WILD MIKES PIZZA POTATO SMILES CARROTEENIE'S APPLESAUCE MINI RICE KRISPIE TREAT MILK	Calories 694 Sodium 1033 mg Carbohydrate 103.68 g 59.7% Total Fat 18.94 g 24.6% Saturated Fat 5.73 g 7.4%

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ALL GRAINS ARE WHOLE GRAIN RICH



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