





## SALEM R-80 LUNCH MENU GRADES 6-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	3 CHICKEN NUGGETS BROCCOLI CHEESE RICE STEAMED CARROTS PINEAPPLE MILK	4 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE TOMATO SLICES BANANA MILK	5 CHILI W/FRITOS PEANUT BUTTER CELERY STICKS BABY CARROTS FRESH BROCCOLI ORANGES MILK	6 PIZZA TOSSED SALAD BABY CARROTS GRAPES RICE KRISPIE TREAT MILK	Calories 672 Sodium 1069 mg Carbohydrate 94.14 g 56.0% Total Fat 20.03 g 26.8% Saturated Fat 5.07 g 6.8%
9 BOSCO STICKS W/MARINARA BROCCOLI & CARROTS FRUIT COCKTAIL MILK	10 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY FRESH BROCCOLI FRUIT COCKTAIL MILK	11 BBQ RIB ON BUN VEGETARIAN BEANS FRENCH FRIES BANANA MILK	12 SPAGHETTI & MEAT SAUCE GARLIC BREAD GREEN BEANS FRESH APPLE MILK	13 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 631 Sodium 1013 mg Carbohydrate 94.92 g 60.2% Total Fat 15.65 g 22.3% Saturated Fat 5.07 g 7.2%
16  NO SCHOOL TODAY	17 CHICKEN TENDERS W/ROTINI BAKED BEANS TATOR TOTS PINEAPPLE MILK	18 SLOPPY JOE ON BUN BABY CARROTS POTATO SMILES BANANA MILK	19 CHILI MAC WG BREADSTICK PEAS PEACHES MILK	20 PIZZA TOSSED SALAD BABY CARROTS GRAPES RICE KRISPIE TREAT MILK	Calories 679 Sodium 1022 mg Carbohydrate 100.65 g 59.3% Total Fat 18.10 g 24.0% Saturated Fat 5.10 g 6.8%
23 PIG IN A BLANKET STEAMED BROCCOLI TRI POTATO APPLE SLICES MILK	24 ORANGE CHICKEN RICE BOWL STEAMED BROCCOLI BABY CARROTS PINEAPPLE MILK	25 FISH STICKS OR UNCRUSTABLE SUPER SACK CORNBREAD PINTO BEANS POTATO SMILES BANANA MILK	26 CHICKEN & DUMPLINGS WHOLE GRAIN ROLL MASHED POTATOES FRESH BROCCOLI PINEAPPLE MILK	27 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 698 Sodium 1203 mg Carbohydrate 97.46 g 55.9% Total Fat 21.52 g 27.8% Saturated Fat 6.71 g 8.7%
30 BBQ CHICKEN NACHO'S BROCCOLI SALAD REFRIED BEANS MANDARIN ORANGES MILK	31 TOASTED CHEESE SANDWICH TOMATO SOUP FRESH BROCCOLI FRESH APPLE MILK	MENU'S SUBJECT TO CHANGE	GARDEN CHEF SALADS OFFERED DAILY		Calories 686 Sodium 1399 mg Carbohydrate 102.83 g 60.0% Total Fat 17.31 g 22.7% Saturated Fat 6.46 g 8.5%