

SALEM R-80 HIGH SCHOOL LUNCH MENU 9-12



2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CORN DOG OR PIZZA VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES MILK	3 CHICKEN NUGGETS OR PIZZA BROWN RICE PILAF STEAMED CARROTS TOSSED SALAD ORANGES PINEAPPLE MILK	4 CHICKEN PATTY ON BUN OR PIZZA POTATO SMILES FRESH BROCCOLI LETTUCE & TOMATO SLICES BANANA APPLESAUCE MILK	5 CHILI W/ FRITOS OR PIZZA 1/2 PB SANDWICH FRESH VEGGIES ORANGES APPLESAUCE MILK	6 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES, RICE KRISPIE TREAT MILK	Calories 843 Sodium 1252 mg Carbohydrate 128.35 g 60.9% Total Fat 24.68 g 26.3% Saturated Fat 6.32 g 6.7%
9 BOSCO STICKS W/SAUCE OR PIZZA TOSSED SALAD BABY CARROTS PEACHES FRESH APPLE MILK	10 CHICKEN SMACKERS W/ HOT ROLL OR PIZZA MASHED POTATOES W/ GRAVY TOSSED SALAD FRUIT COCKTAIL ORANGES MILK	11 BBQ RIB ON BUN OR PIZZA VEGETARIAN BEANS TATOR TOTS BANANA PEARS MILK	12 SPAGHETTI & MEAT SAUCE OR PIZZA GARLIC BREAD TOSSED SALAD GREEN BEANS FRESH APPLE FRUIT COCKTAIL MILK	13 CHEESEBURGER OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH BABY CARROTS GRAPES & PEACHES, COOKIE MILK	Calories 791 Sodium 1116 mg Carbohydrate 125.29 g 63.4% Total Fat 20.12 g 22.9% Saturated Fat 6.15 g 7.0%
16  NO SCHOOL	17 CHICKEN TENDERS OR PIZZA BAKED BEANS ROTINI TATOR TOTS PINEAPPLE ORANGES MILK	18 SLOPPY JOE ON BUN OR PIZZA POTATO SMILES TOSSED SALAD BANANA TROPICAL FRUIT MILK	19 CHILI MAC WG BREADSTICK OR PIZZA PEAS TOSSED SALAD PEACHES FRESH APPLE MILK	20 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH CARROTS GRAPES & PEACHES, RICE KRISPIE TREAT MILK	Calories 792 Sodium 1081 mg Carbohydrate 121.70 g 61.4% Total Fat 19.92 g 22.6% Saturated Fat 5.66 g 6.4%
23 PIG IN A BLANKET OR PIZZA STEAMED BROCCOLI TRI POTATO'S APPLE SLICES MANDARIN ORANGES MILK	24 ORANGE CHICKEN RICE BOWL PIZZA STEAMED BROCCOLI TOSSED SALAD PINEAPPLE ORANGES MILK	25 FISH STICKS OR PIZZA OR PEPPERONI CALZONE PINTO BEANS CORN MUFFIN COLESLAW BANANA PINEAPPLE MILK	26 CHICKEN & DUMPLINGS HOT ROLL OR PIZZA MASHED POTATOES STEAMED BROCCOLI PINEAPPLE FRESH APPLE MILK	27 CHEESEBURGER OR PIZZA FRENCH FRIES LETTUCE & TOMATO FRESH BABY CARROTS GRAPES & PEACHES, COOKIE MILK	Calories 812 Sodium 1251 mg Carbohydrate 124.93 g 61.5% Total Fat 21.95 g 24.3% Saturated Fat 6.25 g 6.9%
30 BBQ CHICKEN NACHO'S OR PIZZA BROCCOLI SALAD REFRIED BEANS MANDARIN ORANGES FRESH APPLE MILK	31 TOASTED CHEESE SANDWICH TOMATO SOUP W/ CRACKERS OR PIZZA FRESH CARROTS CELERY STICKS FRESH APPLE MANDARIN ORANGES MILK				Calories 808 Sodium 1347 mg Carbohydrate 131.82 g 65.3% Total Fat 18.79 g 20.9% Saturated Fat 6.48 g 7.2%

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ALL GRAINS ARE WHOLE GRAIN RICH

OFFERED DAILY: PIZZA GARDEN CHEF SALADS GRAB-N-GO LUNCHES