





SALEM R-80 LUNCH MENU GRADES K-5

2017

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 OR CHEF SALAD POTATO SMILES LETTUCE & TOMATO BANANA MILK	5 CHILI W/FRITOS CELERY STICKS PEANUT BUTTER BABY CARROTS ORANGES MILK	6 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES RICE KRISPIE TREAT MILK	Calories 661 Sodium 1024 mg Carbohydrate 93.12 g 56.4% Total Fat 19.41 g 26.4% Saturated Fat 4.99 g 6.8%
9 MOZZARELLA STICKS W/SAUCE ROTINI STEAMED BROCCOLI PEACHES MILK	10 CHICKEN SMACKERS MASHED POTATOES W/GRAVY CORN FRUIT COCKTAIL MILK	11 BBQ RIB ON BUN OR CHEF SALAD VEGETARIAN BEANS FRENCH FRIES BANANA MILK	12 SPAGHETTI AND MEAT SAUCE GREEN BEANS FRESH APPLE MILK	13 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES COOKIE MILK	Calories 641 Sodium 1033 mg Carbohydrate 97.86 g 61.1% Total Fat 15.33 g 21.5% Saturated Fat 5.11 g 7.2%
16  NO SCHOOL TODAY	17 CHICKEN TENDERS ROTINI BAKED BEANS TATOR TOTS PINEAPPLE MILK	18 SLOPPY JOE ON BUN OR CHEF SALADS POTATO SMILES CELERY STICKS BANANA MILK	19 CHILI MAC WG BREADSTICK PEAS PEACHES MILK	20 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES RICE KRISPIE TREAT MILK	Calories 656 Sodium 937 mg Carbohydrate 98.16 g 59.9% Total Fat 16.87 g 23.1% Saturated Fat 5.13 g 7.0%
23 PIG IN A BLANKET STEAMED BROCCOLI TRI POTATO APPLE SLICES MILK	24 ORANGE CHICKEN RICE BOWL STEAMED CARROTS FRESH BROCCOLI PINEAPPLE MILK	25 FISH SHAPES OR CHEF SALADS PINTO BEANS CORNBREAD POTATO SMILES BANANA MILK	26 CHICKEN & DUMPLINGS MASHED POTATOES FRESH CARROTS PINEAPPLE MILK	27 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES COOKIE MILK	Calories 639 Sodium 1095 mg Carbohydrate 93.3 Total Fat 17.3 Saturated Fat 5.3
30 CHEESY NACHO'S TOSSED SALAD FRESH BABY CARROTS FRUIT COCKTAIL MILK	31 TOASTED CHEESE SANDWICH TOMATO SOUP FRESH BROCCOLI FRESH APPLE MILK	MENU'S SUBJECT TO CHANGE			Calories 701 Sodium 1674 mg Carbohydrate 95.23 g 53.7% Total Fat 23.88 g 30.3% Saturated Fat 11.64 g 14.8%

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ALL GRAINS ARE WHOLE GRAIN RICH

