

SALEM R-80 MIDDLE SCHOOL LUNCH MENU GRADES 6-8

November 2016

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients Avg |
|---|---|---|---|---|--|
| 31 NO SCHOOL | 1 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK | 2 FISH STICKS CORNBREAD PINTO BEANS POTATO SMILES BANANA MILK | 3 CHILI W/FRITOS PEANUT BUTTER CELERY STICKS BABY CARROTS FRESH BROCCOLI ORANGES MILK | 4 PIZZA TOSSED SALAD BABY CARROTS GRAPES RICE KRISPIE TREAT MILK | Calories 680 Sodium 1086 mg Carbohydrate 94.36 g 55.5% Total Fat 21.00 g 27.8% Saturated Fat 5.59 g 7.4% |
| 7 CHICKEN QUESADILLA CORN REFRIED BEANS SALSA FRUIT COCKTAIL MILK | 8 LASAGNA GREEN BEANS GARLIC BREAD TROPICAL FRUIT MILK | 9 CHICKEN PATTY ON BUN POTATO SMILES LETTUCE & TOMATO SLICES BANANA MILK | 10 COUNTRY FRIED STEAK WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY STEAMED BROCCOLI APPLESAUCE MILK | 11 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK | Calories 684 Sodium 1074 mg Carbohydrate 96.43 g 56.4% Total Fat 18.61 g 24.5% Saturated Fat 6.08 g 8.0% |
| 14 HAMBURGER ON BUN TATOR TOTS LETTUCE & TOMATO SLICES GRAPES MILK | 15 CHICKEN TENDERS ROTINI ROASTED POTATOES CARROTEENIE'S PINEAPPLE MILK | 16 HOT DOG ON BUN FRENCH FRIES VEGETARIAN BEANS BANANA MILK | 17 ROAST TURKEY STUFFING WHOLE GRAIN ROLL MASHED POTATOES STEAMED CARROTS FRUIT COCKTAIL APPLE CRISP MILK | 18 PIZZA TOSSED SALAD BABY CARROTS GRAPES RICE KRISPIE TREAT MILK | Calories 661 Sodium 1004 mg Carbohydrate 98.62 g 59.7% Total Fat 18.77 g 25.6% Saturated Fat 4.20 g 5.7% |
| 21 CHICKEN NUGGETS BROWN RICE PILAF ROASTED SWEET POTATOES STEAMED BROCCOLI PINEAPPLE MILK | 22 WILD MIKES PIZZA POTATO SMILES CARROTEENIE'S FRUIT SORBET MILK | 23 NO SCHOOL TODAY | 24 HAPPY  THANKSGIVING | 25 NO SCHOOL TODAY | Calories 728 Sodium 1029 mg Carbohydrate 107.91 g 59.3% Total Fat 21.72 g 26.9% Saturated Fat 6.82 g 8.4% |
| 28 BEACON STREET CHEESE STUFFED BREAD STICK STEAMED BROCCOLI ROTINI MARINARA SAUCE PEACHES MILK | 29 CHICKEN AND DUMPLINGS HOT ROLL GREEN BEANS CARROTEENIE'S PINEAPPLE MILK | 30 BBQ RIB ON BUN VEGETARIAN BEANS FRENCH FRIES BANANA MILK | GARDEN CHEF SALADS OFFERED DAILY | | Calories 666 Sodium 1091 mg Carbohydrate 95.39 g 57.3% Total Fat 16.05 g 21.7% Saturated Fat 5.44 g 7.3% |

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ALL GRAINS ARE WHOLE GRAIN RICH