


# SALEM R-80 HIGH SCHOOL LUNCH MENU GRADES 9-12

# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
31 NO SCHOOL TODAY	1 CORN DOG VEGETARIAN BEANS ROASTED POTATOES TROPICAL FRUIT ORANGES MILK	2 FISH STICKS OR PEPPERONI CALZONE PINTO BEANS CORN MUFFIN COLESLAW BANANA PINEAPPLE MILK	3 CHILI W/FRITOS BAKED POTATO TOSSED SALAD CROUTON & CRACKERS MANDARIN ORANGES FRESH FRUIT MILK	4 HAMBURGER ON BUN FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES & PEACHES RICE KRISPIE TREAT MILK	Calories 850 Sodium 1143 mg Carbohydrate 138.28 g 65.0% Total Fat 20.97 g 22.2% Saturated Fat 6.07 g 6.4%
7 CHICKEN QUESADILLA SALSA REFRIED BEANS CORN FRUIT COCKTAIL FRESH FRUIT MILK	8 LASAGNA GARLIC BREAD GREEN BEANS FRESH BABY CARROTS TROPICAL FRUIT FRESH APPLE MILK	9 CHICKEN PATTY ON BUN POTATO SMILES FRESH BROCCOLI LETTUCE & TOMATO SLICES BANANA APPLESAUCE MILK	10 COUNTRY FRIED STEAK HOT ROLL MASHED POTATOES W/GRAVY STEAMED BROCCOLI BANANA APPLESAUCE MILK	11 CHEESEBURGER FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES & PEACHES COOKIE MILK	Calories 779 Sodium 1059 mg Carbohydrate 120.35 g 61.8% Total Fat 19.08 g 22.1% Saturated Fat 6.07 g 7.0%
14 BBQ CHICKEN NACHO'S BROCCOLI SALAD STEAMED CARROTS MANDARIN ORANGES FRESH APPLE MILK	15 CHICKEN TENDERS TOSSED SALAD ROTINI ROASTED POTATOES PINEAPPLE ORANGES MILK	16 PEPPERONI BOSCO STICKS BABY CARROTS TOSSED SALAD FRESH BROCCOLI PEACHES FRESH APPLE MILK	17 ROAST TURKEY STUFFING WHOLE GRAIN ROLL MASHED POTATOES & GRAVY STEAMED CARROTS FRESH FRUIT TROPICAL FRUIT APPLE CRISP MILK	18 HAMBURGER ON BUN FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES & PEACHES RICE KRISPIE TREAT MILK	Calories 794 Sodium 1063 mg Carbohydrate 124.68 g 62.8% Total Fat 20.99 g 23.8% Saturated Fat 6.39 g 7.2%
21 CHICKEN NUGGETS BROWN RICE PILAF ROASTED SWEET POTATOES STEAMED BROCCOLI ORANGES PINEAPPLE MILK	22 <b>WILD MIKES PIZZA</b> POTATO SMILES FRESH BABY CARROTS CELERY STICKS TROPICAL FRUIT FRUIT SORBET MILK	23 NO SCHOOL TODAY	24  HAPPY THANKSGIVING!	25 NO SCHOOL TODAY	Calories 786 Sodium 1020 mg Carbohydrate 121.81 g 62.0% Total Fat 21.80 g 25.0% Saturated Fat 7.22 g 8.3%
28 BEACON STREET CHEESE STUFFED BREAD STICK ROTINI STEAMED BROCCOLI MARINARA SAUCE TOSSED SALAD PEACHES FRESH FRUIT MILK	29 CHICKEN AND DUMPLINGS HOT ROLL GREEN BEANS TOSSED SALAD PINEAPPLE FRESH APPLE MILK	30 BBQ RIB ON BUN VEGETARIAN BEANS TATOR TOTS BANANA & PEARS MILK			Calories 783 Sodium 1128 mg Carbohydrate 122.89 g 62.8% Total Fat 18.96 g 21.8% Saturated Fat 5.51 g 6.3%

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ALL GRAINS ARE WHOLE GRAIN RICH

**OFFERED DAILY**

**PIZZA**

**GARDEN CHEF SALADS**

**GRAB-N-GO LUNCHES**