

# SALEM R-80 SCHOOLS LUNCH MENU GRADES K-5<sup>TH</sup>

## November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
31 NO SCHOOL TODAY	1 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	2 FISH SHAPES OR CHEF SALAD PINTO BEANS CORNBREAD POTATO SMILES BANANA MILK	3 CHILI W/FRITOS CELERY STICKS BABY CARROTS PEANUT BUTTER ORANGES MILK	4 PIZZA TOSSED SALAD BABY CARROTS GRAPES RICE KRISPIE TREAT MILK	Calories 664 Sodium 1075 mg Carbohydrate 94.63 g 57.0% Total Fat 18.85 g 25.6% Saturated Fat 5.17 g 7.0%
7 BURRITO REFRIED BEANS BABY CARROTS FRESH APPLE MILK	8 LASAGNA GREEN BEANS WG BREADSTICK TROPICAL FRUIT MILK	9 CHICKEN PATTY ON BUN OR CHEF SALAD POTATO SMILES LETTUCE & TOMATO SLICES BANANA MILK	10 COUNTRY FRIED STEAK WHOLE GRAIN ROLL MASHED POTATOES STEAMED BROCCOLI APPLESAUCE MILK	11 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 622 Sodium 897 mg Carbohydrate 88.48 g 56.9% Total Fat 16.14 g 23.3% Saturated Fat 5.35 g 7.7%
14 HAMBURGER ON BUN TATOR TOTS LETTUCE & TOMATO SLICES APPLESAUCE MILK	15 CHICKEN TENDERS ROTINI CARROTEENIE'S ROASTED POTATOES PINEAPPLE MILK	16 HOT DOG ON BUN OR CHEF SALAD VEGETARIAN BEANS FRENCH FRIES BANANA MILK	17 ROAST TURKEY STUFFING WHOLE GRAIN ROLL MASHED POTATOES W/GRAVY STEAMED CARROTS FRUIT COCKTAIL APPLE CRISP MILK	18 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES RICE KRISPIE TREAT MILK	Calories 655 Sodium 1023 mg Carbohydrate 97.78 g 59.7% Total Fat 18.50 g 25.4% Saturated Fat 4.25 g 5.8%
21 CHICKEN NUGGETS BROWN RICE PILAF STEAMED BROCCOLI ROASTED SWEET POTATOES PINEAPPLE MILK	22 <b>WILD MIKES PIZZA</b> POTATO SMILES CARROTEENIE'S FRUIT SORBET MILK	23 NO SCHOOL TODAY	24  Happy Thanksgiving	25 NO SCHOOL TODAY	Calories 660 Sodium 962 mg Carbohydrate 94.43 g 57.2% Total Fat 20.81 g 28.4% Saturated Fat 6.73 g 9.2%
28 BEACON STREET CHEESE STUFFED BREAD STICK ROTINI STEAMED BROCCOLI MARINARA SAUCE PEACHES MILK	29 CHICKEN AND DUMPLINGS HOT ROLL GREEN BEANS CARROTEENIE'S PINEAPPLE MILK	30 BBQ RIB ON BUN OR CHEF SALAD VEGETARIAN BEANS FRENCH FRIES BANANA MILK			Calories 607 Sodium 976 mg Carbohydrate 91.94 g 60.6% Total Fat 12.86 g 19.1% Saturated Fat 4.05 g 6.0%

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ALL GRAINS ARE WHOLE GRAIN RICH