

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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 BOSCO STICKS W/MARINARA STEAMED BROCCOLI FRUIT COCKTAIL MILK	4 ORANGE CHICKEN RICE BOWL STEAMED CARROTS TOSSED SALAD PINEAPPLE MILK	5 FISH STICKS CORNBREAD PINTO BEANS POTATO SMILES BANANA MILK	6 CHILI W/FRITOS CELERY STICKS BABY CARROTS FRESH BROCCOLI ORANGES MILK	7 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 688 Sodium 1045 mg Iron 3.81 mg Carbohydrate 98.52 g 57.3% Total Fat 20.50 g 26.8% Saturated Fat 5.98 g 7.8%
10 <b><u>NATIONAL</u></b> PIG IN A BLANKET STEAMED BROCCOLI TRI POTATO APPLE SLICES MILK	11 <b><u>SCHOOL</u></b> TACO SALAD REFRIED BEANS PEACHES MILK	12 <b><u>LUNCH</u></b> CHICKEN PATTY BUN POTATO SMILES LETTUCE & TOMATO SLICES BANANA MILK	13 <b><u>WEEK</u></b> SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS FRUIT SORBET MILK	14 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 676 Sodium 1071 mg Iron 3.90 mg Carbohydrate 92.32 g 54.7% Total Fat 21.56 g 28.7% Saturated Fat 7.22 g 9.6%
17 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	18 HAMBURGER ON BUN TATOR TOTS LETTUCE TOMATO SLICES APPLESAUCE MILK	19 HOT DOG HOT DOG BUN FRENCH FRIES BABY CARROTS BANANA MILK	20 CHICKEN SMACKERS WHOLE GRAIN ROLL MASHED POTATOES CHICKEN GRAVY MILK	21 NO SCHOOL TODAY	Calories 668 Sodium 1143 mg Iron 4.11 mg Carbohydrate 93.87 g 56.2% Total Fat 19.67 g 26.5% Saturated Fat 4.51 g 6.1%
24 CHICKEN NUGGETS BROWN RICE PILAF TRI POTATO PEAS PINEAPPLE MILK	25 BEEF BURRITO CORN REFRIED BEANS FRESH APPLE MILK	26 BBQ RIB ON BUN VEGETARIAN BEANS FRENCH FRIES BANANA MILK	27 CHICKEN AND DUMPLINGS WHOLE GRAIN ROLL STEAMED CARROTS FRESH BROCCOLI PINEAPPLE MILK	28 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 696 Sodium 1011 mg Iron 3.90 mg Carbohydrate 98.03 g 56.3% Total Fat 20.34 g 26.3% Saturated Fat 6.67 g 8.6%

This institution is an equal opportunity provider.

ALL GRAINS ARE WHOLE GRAIN RICH

GARDEN CHEF SALADS AND SUPER SACKS OFFERED AS A CHOICE EACH DAY



No School Monday October 31<sup>st</sup>