



SALEM R-80 HIGH SCHOOL LUNCH MENU OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 BOSCO STICKS W/SAUCE OR PIZZA TOSSED SALAD BABY CARROTS PEACHES FRESH APPLE MILK	4 ORANGE CHICKEN RICE BOWL OR PIZZA STEAMED BROCCOLI TOSSED SALAD PINEAPPLE ORANGES MILK	5 FISH STICKS OR PIZZA PINTO BEANS CORN MUFFIN TRI POTATO'S BANANA PINEAPPLE MILK	6 CHILI W/FRITOS PIZZA 1/2 PB SANDWICH CELERY STICKS CUCUMBERS FRESH CARROTS ORANGES APPLESAUCE MILK	7 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES PEACHES COOKIE MILK	Calories 808 Sodium 1113 mg Iron 4.88 mg Carbohydrate 124.17 g 61.4% Total Fat 22.44 g 25.0% Saturated Fat 6.44 g 7.2%
10 <u>NATIONAL</u> PIG IN A BLANKET OR PIZZA STEAMED BROCCOLI TRI POTATO'S APPLE SLICES MANDARIN ORANGES MILK	11 <u>SCHOOL</u> TACO SALAD OR PIZZA REFRIED BEANS TOSSED SALAD PEACHES ORANGES MILK	12 <u>LUNCH</u> CHICKEN PATTY ON BUN OR PIZZA POTATO SMILES FRESH BROCCOLI LETTUCE & TOMATO SLICES BANANA APPLESAUCE MILK	13 <u>WEEK</u> SPAGHETTI W/MEAT SAUCE OR PIZZA TOSSED SALAD GARLIC BREAD GREEN BEANS FRESH APPLE FRUIT SORBET MILK	14 CHEESEBURGER OR PIZZA FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES PEACHES MILK COOKIE	Calories 803 Sodium 1256 mg Iron 5.9 mg Carbohydrate 119.7 g 55.5% Total Fat 23.4 g Saturated Fat 7.5 g
17 CORN DOG OR PIZZA VEGETARIAN BEANS TRI POTATO'S TROPICAL FRUIT ORANGES MILK	18 BBQ CHICKEN NACHO'S OR PIZZA BROCCOLI SALAD STEAMED CARROTS MANDARIN ORANGES FRESH APPLE MILK	19 CHICKEN QUESADILLA W/ SALSA OR PIZZA TOSSED SALAD CORN BANANA FRUIT COCKTAIL MILK	20 CHICKEN SMACKERS W/ ROLL OR PIZZA MASHED POTATOES W/GRAVY TOSSED SALAD FRUIT COCKTAIL ORANGES MILK	21 NO SCHOOL TODAY	Calories 759 Sodium 1129 mg Iron 4.68 mg Carbohydrate 121.03 g 64.3% Total Fat 19.10 g 22.8% Saturated Fat 5.08 g 6.1%
24 CHICKEN NUGGETS PIZZA BROWN RICE PILAF TOSSED SALAD PEAS ORANGES PINEAPPLE MILK	25 BEEF BURRITO W/SALSA SPANISH RICE OR PIZZA REFRIED BEANS CORN BANANA PEARS MILK	26 BBQ RIB ON BUN OR PIZZA VEGETARIAN BEANS TATOR TOTS BANANA AND PEARS MILK	27 CHICKEN & DUMPLINGS W/ROLL PIZZA MASHED POTATOES FRESH CARROTS FRESH BROCCOLI PINEAPPLE FRESH APPLE MILK	28 HAMBURGER ON BUN OR PIZZA FRENCH FRIES LETTUCE & TOMATO SLICES FRESH CARROTS GRAPES PEACHES COOKIE MILK	Calories 776 Sodium 1013 mg Iron 5.34 mg Carbohydrate 123.58 g 63.7% Total Fat 18.98 g 22.0% Saturated Fat 5.68 g 6.6%

This institution is an equal opportunity provider.

ALL GRAINS ARE WHOLE GRAIN RICH

OFFERED DAILY

PIZZA

GARDEN CHEF SALADS

GRAB-N-GO LUNCHES



NO SCHOOL MONDAY OCTOBER 31ST