

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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 MOZZARELLA STICKS W/ SAUCE ROTINI STEAMED BROCCOLI PEACHES MILK	4 ORANGE CHICKEN RICE BOWL STEAMED CARROTS FRESH BROCCOLI PINEAPPLE MILK	5 FISH STICKS OR CHEF SALAD PINTO BEANS CORNBREAD POTATO SMILES BANANA MILK	6 CHILI W/FRITOS CELERY STICKS BABY CARROTS ORANGES MILK	7 PIZZA TOSSED SALAD CARROTEENIE'S GRAPES COOKIE MILK	Calories 654 Sodium 1008 mg Iron 3.64 mg Carbohydrate 99.91 g 61.1% Total Fat 16.80 g 23.1% Saturated Fat 4.68 g 6.4%
10 <u>NATIONAL</u> PIG IN A BLANKET STEAMED BROCCOLI TRI POTATO APPLE SLICES MILK	11 <u>SCHOOL</u> TACO SALAD REFRIED BEANS PEACHES MILK	12 <u>LUNCH</u> CHICKEN PATTY ON BUN OR CHEF SALAD POTATO SMILES LETTUCE & TOMATO SLICES BANANA MILK	13 <u>WEEK</u> SPAGHETTI AND MEAT SAUCE GARLIC BREAD GREEN BEANS FRUIT SORBET MILK	14 PIZZA TOSSED SALAD BABY CARROTS GRAPES MILK COOKIE	Calories 577 Sodium 899 mg Iron 3.52 mg Carbohydrate 80.92 g 56.1% Total Fat 16.82 g 26.2% Saturated Fat 5.60 g 8.7%
17 CORN DOG VEGETARIAN BEANS TRI POTATO TROPICAL FRUIT MILK	18 HAMBURGER ON BUN TATOR TOTS LETTUCE & TOMATO SLICES APPLESAUCE MILK	19 HOT DOG ON BUN OR CHEF SALAD FRENCH FRIES CARROTEENIE'S BANANA MILK	20 CHICKEN SMACKERS MASHED POTATOES GRAVY CORN FRUIT COCKTAIL MILK	21 NO SCHOOL TODAY	Calories 638 Sodium 1108 mg Iron 4.14 mg Carbohydrate 93.17 g 58.4% Total Fat 17.16 g 24.2% Saturated Fat 3.73 g 5.3%
24 CHICKEN NUGGETS BROWN RICE PILAF CARROTEENIE'S PEAS PINEAPPLE MILK	25 BURRITO CORN REFRIED BEANS APPLE SLICES MILK	26 BBQ RIB ON BUN OR CHEF SALAD VEGETARIAN BEANS FRENCH FRIES BANANA MILK	27 CHICKEN & DUMPLINGS WG BREADSTICK MASHED POTATOES CARROTEENIE'S PINEAPPLE MILK	28 PIZZA TOSSED SALAD BABY CARROTS GRAPES COOKIE MILK	Calories 651 Sodium 938 mg Iron 3.90 mg Carbohydrate 97.10 g 59.6% Total Fat 15.91 g 22.0% Saturated Fat 4.70 g 6.5%

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ALL GRAINS ARE WHOLE GRAIN RICH

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

