SALEM ATTENDANCE CENTER





MEAL PRICING:

Lunch Full Price Reduced Lunch Price Milk Only \$2.75 \$.40

\$.75

LUNCH MENU

January-May 2025

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Walking Tacos Fruit & Yogurt Plate Fiesta Rice Mixed Vegetables Refried Beans	Hamburger Cheeseburger w/ Trimmings Potato Wedges Whole Kernel Corn	Pulled Pork on Bun Baked Beans Potato Salad Seasoned Broccoli	Lasagna Cheesy Breadsticks Turkey & Cheese Wrap Garden Salad w/Dressing Mexican Corn	Chicken Nuggets Yeast Roll Mac & Cheese Green Beans Peas & Carrots
2	Cheese Pizza Pepperoni Pizza Crinkle Cut Fries Broccoli	Chicken Alfredo Corn Dog Garlic Toast Steamed Broccoli Glazed Carrots	Country Fried Steak w/ Gravy Yeast Roll Mashed Potatoes Green Peas Black-Eyed Peas Whole Wheat Roll	Mandarin Chicken Chicken Egg Rolls Stir Fried Rice Mixed Vegetables Fresh Garden Salad	Fish Sandwich Potato Wedges Cole Slaw Baked Beans
3	Hamburger Steak w/ Gravy Mashed Potatoes Green Beans Wheat Roll	Stromboli Supreme Fruit & Yogurt Plate Fresh Garden Salad Italian Seasoned Carrots	Cheesy Chicken over Rice Seasoned Broccoli Honey Glazed Carrots Yeast Roll	Beef Soft Taco Taco Salad w/ Chips Mexicali Corn Herbed Broccoli & Cauliflower	Cheese Pizza Pepperoni Pizza Crinkle Cut Fries Broccoli
4	Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll	Beef & Broccoli Stir Fry Brown Rice Crinkle Carrots	Barbecue Chicken Southern Mustard Greens Yam Patties Cornbread	Fish Sticks Popcorn Chicken Green Beans Mashed Potatoes Wheat Roll	Hamburger Cheeseburger w/ Trimmings Potato Wedges Whole Kernel Corn

OTHER DAILY SELECTIONS:

Chef Salad Chicken Salad Tuna Salad



SNACKS

We offer a variety of a la carte snack items in our cafeterias.



Beverages 100% Juice \$1.00

12oz Water \$1.00 Low Fat/

Low Fat/
Fat Free Milk
Fruit Juice
** Offered Daily**

NUTRITION BITES:

Menus are subject to change due to the availability of food.

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- · Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations. 1
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

January 2025								
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	February 2025							
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March 2025						
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March 2025

April 2025							
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May 2025								
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18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

