



**Menus
For
March
2020**
**SALEM HIGH
SCHOOL**

USDA is an equal opportunity provider and employer.

Available Daily	
SALEM COUNTRY KITCHEN	
Monday— Broccoli	
Tuesday—mashed sweet potato/ carrots	
Wednesday—Baked Beans/Bean Salad	
Thursday—Corn	
Friday—Mixed Salad	

START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting **FIRST THINGS FIRST!**



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

64.7 **BY THE NUMBERS**
PERCENTAGE OF TEENS IN A RECENT STUDY WHO SAID THEY LIKE SCARY MOVIES

SALEM COUNTRY KITCHEN

1st Floor

Home Cooking Station

Rotisserie Chicken
Homemade Mashed Potato
Homemade Stuffing
Or
Fresh W/W Rolls
Fresh Vegetable

Mexican Station

Soft Taco Shells, Nacho Chips, Burrito Wraps, Chili, Chicken Fajita, Sautéed Onions and Peppers, Rice and Beans, Shredded Cheese, Diced Tomatoes, Shredded Lettuce, Salsa, Sour Cream, Refried Beans
Fresh Side of the Day

BREAKFAST

Served every AM in the lobby!!!!

2nd Chance Breakfast

Assorted Cereals, Toast, Muffins, Breakfast Sandwiches

Fruit or Juice & Low Fat Milk

Salem High Pizzeria and Deli

2nd Floor

Pizza Station

WW Pizza Crust, Sauce, Cheese, Onions, Peppers, Pepperoni, Sausage, Fresh Tomatoes, Basil, Oregano

Salem High Deli

Fresh W/W Sub Rolls
Turkey, Ham, Roast Beef
American Cheese, Provolone
Lettuce, Tomato, Pickles, Onions, Hot Peppers, Sliced Olives, Raw Spinach, Mayo, Mustard, Sliced Cucumber, Green Peppers

Salad Bar

Lettuce, Romaine, Spinach
Tomatoes, Cucumbers, Green Peppers, Onions, Carrots, Celery, Cottage Cheese, Croutons, 3 Dressings, Garbanzo Beans, Red Kidney Beans, Canned Peaches, Pears, Beets, Mushrooms

Soup Station

Chicken Vegetable Pasta
Chipotle Sweet Potato

THE WITCHES GRILL

3rd Floor

Grill Station

Grilled Chicken, Crispy Chicken, Hot Dog, Hamburger, Reuben's
Fresh W/W Buns
Salad Bar
LF Chips

Hot Sandwich Line

Loaded Steak Bomb
Sautéed Onions & Peppers
Cheese
Shredded Lettuce, Tomato, Pickles, and LF Chips

Salad Bar

Lettuce, Romaine, Spinach
Tomatoes, Cucumbers, Green Peppers, Onions, Carrots, Celery, Cottage Cheese, Croutons, 3 Dressings, Garbanzo Beans, Red Kidney Beans, Canned Peaches, Pears, Beets, Mushrooms

Soup Station

Chicken Vegetable Pasta
Chipotle Sweet Potato