

# Dent-Phelps R-III March

Sun	Mon	Tue	Wed	Thu	Fri	Nutrients <small>The daily nutrition count listed below is found by averaging the entire week's worth of meals</small>
<b>Menu subject to change without notice</b>			1 Mini Waffles, Fruit, Juice, Milk ***** Chicken Quesadilla, Carrots w/Ranch, Fruit, Milk	2 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	3 Sausage Breakfast Pizza, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	4  B = 459 Calories 1.6 g Sat. Fat  L = 619 Calories 4.6 g Sat. Fat
5	6 Muffin, Fruit, Juice, Milk ***** Chicken Tetrizzini, Garlic Toast, Veggie Blend, Fruit, Milk	7 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mashed Potato Bowl, Glazed Carrots, Fruit, Milk	8 Mini Strawberry Bagel, Fruit, Juice, Milk ***** Chicken Patty Sandwich, Fries, Fruit, Milk	9 Mini Donuts, Fruit, Juice, Milk ***** Orange Chicken Rice Bowl, Fruit, Milk	10 Mini French Toast, Fruit, Juice, Milk ***** Bosco Stick, Chips, Car- rots w/Ranch, Fruit, Milk	11  B = 491 Calories 3.4 g Sat. Fat  L = 636 Calories 3.5 g Sat. Fat
12	13 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	14 Breakfast Burrito, Fruit, Juice, Milk ***** Cherry Blossom Chicken, Salad, Fruit, Milk	15 Pancake Sausage Bites, Fruit, Juice, Milk ***** BBQ Pork Sandwich, Fries, Fruit, Milk	16 Mini Waffles, Fruit, Juice, Milk ***** Chicken Cheese Crispito Beans, Carrots w/ Ranch, Fruit, Milk	17 Honey Bun, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	18  B = 490 Calories 2.6. g Sat. Fat  L = 622 Calories 5.7 g Sat. Fat
19	20 Muffin, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	21 Mini Donuts, Fruit, Juice, Milk ***** Toasted Ravioli, String Cheese, Carrots w/ Ranch, Fruit, Milk	22 Mini French Toast, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	23 Ciini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	24 Mini Pancakes, Fruit, Juice, Milk ***** Vegetable Beef Soup, Breadstick, Celery w/ Ranch, Fruit, Milk	25  B = 498 Calories 2.5 g Sat. Fat  L = 640 Calories 6.3 g Sat. Fat
26	27	28	29	30	31	
						