Dent-Phelps R-III November Menu

Sun	Mon	Tue	Wed	Thu	Fri	Nutrients The daily nutrition count listed below is found by averaging the entire week's worth of meals
Menu subject to change without notice			1 Pancake Sausage Stick, Fruit, Juice, Milk *****	2 Mini Waffles, Fruit, Juice, Milk *****	3 Honey Bun, Fruit, Juice, Milk *****	4 B = 483 Calories 2.9 g Sat. Fat
			Mandarin Orange Chicken, Rice, Carrots w/ Ranch, Fruit, Milk	Spaghetti w/Meat Sauce, Garlic Toast, Salad, Fruit, Milk	Chicken Fajitas, Salsa, Broccoli w/ranch,, Fruit, Milk	L = 639 Calories 3.0 g Sat. Fat
5	6 Muffins, Fruit, Juice, Milk *****	7 Egg and Cheese Omelet, Fruit, Juice, Milk *****	8 French Toast, Fruit, Juice, Milk *****	9 Cini Minis, Fruit, Juice, Milk *****	10 Pancakes with Sausage, Fruit, Juice, Milk *****	11 B = 497 Calories 2.5 g Sat. Fat
	Corn Dog, Fries, Fruit, Milk	Chili, Breadstick, Crack- ers, Carrots w/Ranch,, Fruit, Milk	BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	Taco Salad, Salsa, Beans, Fruit, Milk	Bosco Pizza Stick, Cheese Stick, Chips, Salad, Fruit, Milk	L = 625 Calories 5.3 g Sat. Fat
12	13 Cereal Bar and Yogurt, Fruit, Juice, Milk *****	14 Egg Patty with Sausage, Fruit, Juice, Milk *****	15 Mini Waffles, Fruit, Juice, Milk *****	16 Pancake Sausage Stick, Fruit, Juice, Milk *****	17 Sausage Breakfast Pizza, Fruit, Juice, Milk *****	18 B = 459 Calories 1.6 g Sat. Fat
	Tortilla Chili Pie, Corn, Fruit, Milk	Hot Dog on Bun, Baked Beans, Fruit, Milk	THANKSGIVING MEAL Fruit, Milk	Chicken Penne, Breadstick, Salad, Fruit, Milk	Cheese Pizza, Salad, Fruit, Milk	L = 611 Calories 4.0 g Sat. Fat
19	20 21 22 23 24 Thanksgiving Break No school					25
26	27 Muffins, Fruit, Juice, Milk *****	28 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	29 Mini Strawberry Bagel, Fruit, Juice, Milk *****	30 Cini Minis, Fruit, Juice, Milk *****	Dec. 1 French Toast, Fruit, Juice, Milk *****	B = 491 Calories 3.4 g Sat. Fat
	Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	Chicken Patty on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Chicken Crispito, Chips, Carrots w/Ranch, Fruit, Milk	L = 637 Calories 3.4 g Sat. Fat

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