


# Dent-Phelps R-III November Menu

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 Pancake Sausage Stick, Fruit, Juice, Milk ***** Mandarin Orange Chicken, Rice, Carrots w/ Ranch, Fruit, Milk	2 Mini Waffles, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce, Garlic Toast, Salad, Fruit, Milk	3 Honey Bun, Fruit, Juice, Milk ***** Chicken Fajitas, Salsa, Broccoli w/ranch,, Fruit, Milk	4 B = 483 Calories 2.9 g Sat. Fat  L = 639 Calories 3.0 g Sat. Fat
5	6 Muffins, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	7 Egg and Cheese Omelet, Fruit, Juice, Milk ***** Chili, Breadstick, Crack- ers, Carrots w/Ranch,, Fruit, Milk	8 French Toast, Fruit, Juice, Milk ***** BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	9 Cini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	10 Pancakes with Sausage, Fruit, Juice, Milk ***** Bosco Pizza Stick, Cheese Stick, Chips, Salad, Fruit, Milk	11 B = 497 Calories 2.5 g Sat. Fat  L = 625 Calories 5.3 g Sat. Fat
12	13 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	14 Egg Patty with Sausage, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans, Fruit, Milk	15 Mini Waffles, Fruit, Juice, Milk ***** THANKSGIVING MEAL Fruit, Milk	16 Pancake Sausage Stick, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	17 Sausage Breakfast Pizza, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	18 B = 459 Calories 1.6 g Sat. Fat  L = 611 Calories 4.0 g Sat. Fat
19	 <p style="color: red; font-weight: bold; font-size: 1.2em;">Thanksgiving Break No School</p>					25
26	27 Muffins, Fruit, Juice, Milk ***** Chicken Tetrizzini, Garlic Toast, Veggie Blend, Fruit, Milk	28 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	29 Mini Strawberry Bagel, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	30 Cini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	Dec. 1 French Toast, Fruit, Juice, Milk ***** Chicken Crispito, Chips, Carrots w/Ranch, Fruit, Milk	B = 491 Calories 3.4 g Sat. Fat  L = 637 Calories 3.4 g Sat. Fat