Dent-Phelps R-III March

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				1 Honeybun, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	2 B = 459 Calories 1.6 g Sat. Fat L = 611 Calories 4.0 g Sat. Fat
3	4 Muffin, Fruit, Juice, Milk ***** Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	<i>5 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk</i>	6 Mini Strawberry Bagel, Fruit, Juice, Milk ***** Chicken Patty Sandwich. Fries, Fruit, Milk	7 Donuts, Fruit, Juice, Milk ***** Orange Chicken Rice, Carrots w/Ranch, Fruit, Milk	8 Muffin, Fruit, Juice, Milk ***** Bosco Pizza Stick, Chips, Cheese Stick, , Fruit, Milk	9 B = 491 Calories 3.4 g Sat. Fat L = 637 Calories 3.4 g Sat. Fat
10	11 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk.	12 Breakfast Burrito, Fruit, Juice, Milk ***** Cherry Blossom Chicken, Salad, Fruit, Milk	13 Pancake Sausage Bites, Fruit, Juice, Milk ***** BBW Pork Sandwich, Fries, Fruit, Milk	14 Mini Waffles, Fruit, Juice, Milk ***** Chicken Cheese Christito, Beans, Carrots w/Ranch, Fruit, Milk	15 Honeybun, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	16 B = 490 Calories 2.6 g Sat. Fat L = 612 Calories 5.2 g Sat. Fat
17	<i>18</i> <i>Muffin,</i> <i>Fruit, Juice, Milk</i> <i>*****</i> <i>Meatball Sub, Salad,</i> <i>Fruit, Milk</i>	19 Donut, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots w/Ranch, Fruit, Milk	20 French Toast, Fruit, Juice, Milk ***** Cheese Burger on Bun, Fries, Fruit, Milk	21 Cini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	22 Pancake, Fruit, Juice, Milk ***** Vegetable Beef Soup, Celery Sticks w/Ranch, Fruit, Milk	23 B = 497 Calories 2.5 g Sat. Fat L = 644 Calories 6.5 g Sat. Fat
24	25	26			29	30 Classes resume April 2nd

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