

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>
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 Tetrzzini, Garlic Toast, Veggie Blend, Fruit, Milk	5 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	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	18 Muffin, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	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	27	28	29	30 Classes resume April 2nd

