

Dent-Phelps R-III April

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 NO SCHOOL	2 Egg Patty with Toast, Fruit, Juice, Milk ***** Beef Nachos, Corn Fruit, Milk	3 Mini Waffles, Fruit, Juice, Milk ***** Mandarin Orange Chicken, Carrots w/Ranch, Fruit, Milk	4 Pancake Sausage Bites, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce, Garlic Toast, Salad, Fruit, Milk	5 Breakfast Pizza, Fruit, Juice, Milk ***** Chicken Fajitas, Salsa, Beans, Broccoli w/Ranch, Fruit, Milk	6 B = 449 Calories 1.9 g Sat. Fat L = 643 Calories 4.7 g Sat. Fat
7	8 Muffin, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	9 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Chili, Breadstick, Crackers, Carrots w/Ranch, Fruit, Milk	10 Mini Strawberry Bagel, Fruit, Juice, Milk ***** BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	11 Donuts, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	12 French Toast, Fruit, Juice, Milk ***** Bosco Pizza Stick, Salad, Fruit, Milk	13 B = 491 Calories 3.4 g Sat. Fat L = 625 Calories 5.3 g Sat. Fat
14	15 NO SCHOOL	16 Breakfast Burrito, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans,, Fruit, Milk	17 Pancake Sausage Bites, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	18 Mini Waffles, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	19 Honeybun, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	20 B = 488 Calories 3.2 g Sat. Fat L = 618 Calories 4.3 g Sat. Fat
21	22 Muffin, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Chips, Carrots w/Ranch, Fruit, Milk	23 Donut, Fruit, Juice, Milk ***** Vegetable Beef Soup, Broccoli w/Ranch, Dinner Roll, Fruit, Milk	24 French Toast, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	25 Cini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	26 Pancake, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	27 B = 497 Calories 2.5 g Sat. Fat L = 637 Calories 3.4 g Sat. Fat
28	29 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	30 Egg Patty with Toast, Fruit, Juice, Milk ***** Cherry Blossom Chicken, Salad, Fruit, Milk				B = 453 Calories 0.9 g Sat. Fat L = 570 Calories 4.4 g Sat. Fat