Dent-Phelps R-III April

Sun	Mon	Tue	Wed	Thu	Fri	Nutrients The daily nutrition count listed below is found by averaging the entire week's worth of meals
<i>Menu subject to change without notice</i>	¹ NO	2 Egg Patty with Toast, Fruit, Juice, Milk *****	3 Mini Waffles, Fruit, Juice, Milk *****	4 Pancake Sausage Bites, Fruit, Juice, Milk *****	5 Breakfast Pizza, Fruit, Juice, Milk *****	6 B = 449 Calories 1.9 g Sat. Fat
	SCHOOL	Beef Nachos, Corn Fruit, Milk	Mandarin Orange Chick- en, Carrots w/Ranch, Fruit, Milk	Spaghetti w/Meat Sauce, Garlic Toast, Salad, Fruit, Milk	Chicken Fajitas, Salsa, Beans, Broccoli w/Ranch, Fruit, Milk	L = 643 Calories 4.7 g Sat. Fat
7	8 Muffin, Fruit, Juice, Milk *****	9 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	10 Mini Strawberry Bagel, Fruit, Juice, Milk *****	11 Donuts, Fruit, Juice, Milk *****	<i>12</i> French Toast, Fruit, Juice, Milk *****	13 B = 491 Calories 3.4 g Sat. Fat
	Corn Dog, Fries, Fruit, Milk	Chili, Breadstick, Crackers, Carrots w/Ranch, Fruit, Milk	BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	Cheeseburger on Bun, Fries, Fruit, Milk	Bosco Pizza Stick, Salad, Fruit, Milk	L = 625 Calories 5.3 g Sat. Fat
14	¹⁵ NO	16 Breakfast Burrito, Fruit, Juice, Milk *****	17 Pancake Sausage Bites, Fruit, Juice, Milk *****	18 Mini Waffles, Fruit, Juice, Milk *****	19 Honeybun, Fruit, Juice, Milk *****	20 B = 488 Calories 3.2 g Sat. Fat
	SCHOOL	Hot Dog on Bun, Baked Beans,, Fruit, Milk	Tortilla Chili Pie, Corn, Fruit, Milk	Chicken Penne, Breadstick, Salad, Fruit, Milk	Cheese Pizza, Salad, Fruit, Milk	L = 618 Calories 4.3 g Sat. Fat
21	22 Muffin, Fruit, Juice, Milk *****	23 Donut, Fruit, Juice, Milk *****	24 French Toast, Fruit, Juice, Milk *****	25 Cini Minis, Fruit, Juice, Milk *****	26 Pancake, Fruit, Juice, Milk *****	27 B = 497 Calories 2.5 g Sat. Fat
	Chicken Cheese Crispito, Chips, Carrots w/Ranch, Fruit, Milk	Vegetable Beef Soup, Broccoli w/Ranch, Dinner Roll, Fruit, Milk	Chicken Patty on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Beans, Fruit, Milk	Pepperoni Pizza, Salad, Fruit, Milk	L = 637 Calories 3.4 g Sat. Fat
28	29 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	30 Egg Patty with Toast, Fruit, Juice, Milk *****				B = 453 Calories 0.9 g Sat. Fat
	Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	Cherry Blossom Chicken, Salad, Fruit, Milk				L = 570 Calories 4.4 g Sat. Fat

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