

Dent-Phelps R-III September 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>
<i>Menu subject to change without notice</i>	2 NO SCHOOL	3 Breakfast Burrito, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	4 Pancake Sausage Bites, Fruit, Juice, Milk ***** BBQ Pork Sandwich, Fries, Fruit, Milk	5 Mini Waffles, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Chips, Carrots with Ranch Fruit, Milk	6 Honey Bun, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	7 B = 448Calories 3.2 g Sat. Fat L = 619 Calories 4.6 g Sat. Fat
8	9 Muffins, Fruit, Juice, Milk ***** Meatball Subs, Salad Fruit, Milk	10 Donuts, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots with Ranch, Fruit, Milk	11 French Toast, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	12 Cini Minis Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	13 Pancakes and Sausage, Fruit, Juice, Milk ***** Vegetable Beef Soup, Celery Sticks, Breadstick, Fruit, Milk	14 B = 497 Calories 2.5 g Sat. Fat L = 644 Calories 6.5 g Sat. Fat
15	16 NO SCHOOL	17 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	18 Mini Waffles, Fruit, Juice, Milk ***** Mandarin Orange Chicken, Fried Rice, Carrots with Ranch Fruit, Milk	19 Pancake Sausage Bites, Fruit, Juice, Milk ***** Spaghetti with Meat Sauce, Garlic Toast, Salad, Fruit, Milk	20 Sausage Breakfast Pizza, Fruit, Juice, Milk ***** Chicken Fajitas, Salsa, Beans, Broccoli, Fruit, Milk	21 B = 471 Calories 1.7 g Sat. Fat L = 627 Calories 3.0 g Sat. Fat
22	23 Muffin, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	24 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Chili, Breadstick, Crackers, Carrots with Ranch, Fruit, Milk	25 Mini Strawberry Bagel, Fruit, Juice, Milk ***** BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	26 Donuts, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans, Fruit, Milk	27 French Toast, Fruit, Juice, Milk ***** Bosco Pizza Stick, Salad, Fruit, Milk	28 B = 491 Calories 3.4 g Sat. Fat L = 625 Calories 5.3 g Sat. Fat
29	30 Cereal Bar and Yogurt Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk					B = 490 Calories 2.6 g Sat. Fat L = 611 Calories 4.0 g Sat. Fat