## Dent-Phelps R-III September Menu

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	NO	3 Breakfast Burrito, Fruit, Juice, Milk *****	4 Pancake Sausage Bites, Fruit, Juice, Milk *****	5 Mini Waffles, Fruit, Juice, Milk *****	6 Honey Bun, Fruit, Juice, Milk *****	7 B = 4488Calories 3.2 g Sat. Fat
	SCHOOL	Corn Dog, Fries, Fruit, Milk	BBQ Pork Sandwich, Fries, Fruit, Milk	Chicken Cheese Crispito, Chips, Carrots with Ranch Fruit, Milk	Pepperoni Pizza, Salad, Fruit, Milk	L = 619 Calories 4.6 g Sat. Fat
8	9 Muffins, Fruit, Juice, Milk ***** Meatball Subs, Salad	10 Donuts, Fruit, Juice, Milk ***** Toasted Ravioli,	11 French Toast, Fruit, Juice, Milk ***** Cheeseburger on Bun,	12 Cini Minis Fruit, Juice, Milk ***** Taco Salad, Salsa,	13 Pancakes and Sausage, Fruit, Juice, Milk ***** Vegetable Beef Soup,	14  B = 497 Calories  2.5 g Sat. Fat  L = 644 Calories
	Fruit, Milk	Cheese Stick, Carrots with Ranch, Fruit, Milk	Fries, Fruit, Milk	Beans, Fruit, Milk	Celery Sticks, Breadstick, Fruit, Milk	6.5 g Sat. Fat
15	16 <b>NO</b>	17 Cereal Bar and Yogurt, Fruit, Juice, Milk *****	18 Mini Waffles, Fruit, Juice, Milk *****	19 Pancake Sausage Bites, Fruit, Juice, Milk *****	20 Sausage Breakfast Pizza, Fruit, Juice, Milk *****	21 B = 471 Calories 1.7 g Sat. Fat
	SCHOOL	Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	Mandarin Orange Chicken, Fried Rice, Carrots with Ranch Fruit, Milk	Spaghetti with Meat Sauce, Garlic Toast, Salad, Fruit, Milk	Chicken Fajitas, Salsa, Beans, Broccoli, Fruit, Milk	L = 627 Calories 3.0 g Sat. Fat
22	23  Muffin, Fruit, Juice, Milk *****	24 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	25 Mini Strawberry Bagel, Fruit, Juice, Milk *****	26  Donuts, Fruit, Juice, Milk *****	27 French Toast, Fruit, Juice, Milk *****	28 B = 491 Calories 3.4 g Sat. Fat
	Corn Dog, Fries, Fruit, Milk	Chili, Breadstick, Crackers, Carrots with Ranch, Fruit, Milk	BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	Taco Salad, Salsa, Beans, Fruit, Milk	Bosco Pizza Stick, Salad, Fruit, Milk	L = 625 Calories 5.3 g Sat. Fat
29	30 Cereal Bar and Yogurt Fruit, Juice, Milk *****					B = 490 Calories 2.6 g Sat. Fat
	Tortilla Chili Pie, Corn, Fruit, Milk					L = 611 Calories 4.0 g Sat. Fat

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