Dent-Phelps R-III October 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
<i>Menu subject to change without notice</i>	*	1 Breakfast Burrito, Fruit, Juice, Milk *****	2 Pancake Sausage Bites, Fruit, Juice, Milk *****	3 Mini Waffles, Fruit, Juice, Milk *****	4 Honey Bun, Fruit, Juice, Milk *****	5 B = 4488Calories 3.2 g Sat. Fat
	Autoretación - 2333/483	Hot Dog,, Baked Beans, Fruit, Milk	Chicken Quesadilla, Car- rots with Ranch, Fruit, Milk	Chicken Penne, Breadstick, Salad, Fruit, Milk	Cheese Pizza, Salad, Fruit, Milk	L = 611 Calories 4.0 g Sat. Fat
6	7 NO	8 Donuts, Fruit, Juice, Milk *****	<i>9</i> <i>French Toast,</i> <i>Fruit, Juice, Milk</i> <i>*****</i>	10 Cini Minis Fruit, Juice, Milk *****	11 Pancakes, Fruit, Juice, Milk *****	<i>12 B = 497 Calories 2.5 g Sat. Fat</i>
	SCHOOL	Mashed Potato Bowl, Carrots with Ranch, Fruit, Milk	Chicken Patty on Bun, Fries, Fruit, Milk	Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	Orange Chicken, Broccoli and Carrots with Ranch, Fruit, Milk	L = 616 Calories 2.3 g Sat. Fat
13	14 Cereal Bar and Yogurt, Fruit, Juice, Milk *****	15 Egg Patty with Toast, Fruit, Juice, Milk *****	16 Mini Waffles, Fruit, Juice, Milk *****	17 Pancake Sausage Bites, Fruit, Juice, Milk *****	18 Sausage Breakfast Pizza, Fruit, Juice, Milk *****	19 B = 471 Calories 1.7 g Sat. Fat
	Nachos with Salsa, Broccoli with Ranch, Fruit, Milk	Corn Dog, Fries, Fruit, Milk	BBQ Pork Sandwich, Fries, Fruit, Milk	Chicken Cheese Crispito, Beans, Carrots with Ranch, Fruit, Milk	Pepperoni Pizza, Salad, Fruit, Milk	L = 612 Calories 5.2 g Sat. Fat
20	21 Muffin, Fruit, Juice, Milk *****	22 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	23 Mini Strawberry Bagel, Fruit, Juice, Milk *****	24 Donuts, Fruit, Juice, Milk *****	25 NO	26 B = 491 Calories 3.4 g Sat. Fat
	Meatball Sub, Salad, Fruit, Milk	Toasted Ravioli, Cheese Stick, Carrots with Ranch, Fruit, Milk	Cheeseburger on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Beans, Fruit, Milk	SCHOOL	L = 671 Calories 7.2 g Sat. Fat
27	28 Cereal Bar and Yogurt, Fruit, Juice, Milk *****	29 Breakfast Burrito, Fruit, Juice, Milk *****	30 Pancake Sausage Bites, Fruit, Juice, Milk *****	31 Mini Waffles, Fruit, Juice, Milk *****		B = 480 Calories 2.2 g Sat. Fat
	Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	Shephard's Pie, Roll, Fruit, Milk	Mandarin Orange Chicken , Fried Rice, Carrots with Ranch Fruit, Milk	Spaghetti with Meat Sauce, Garlic Toast, Salad, Fruit, Milk	e 2021 (Sire Gayne)	L = 635 Calories 3.8 g Sat. Fat

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