



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