


Dent-Phelps R-III January 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>			1	2	3	4
5	6 	7 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Bosco Pizza Stick, Salad,, Fruit, Milk	8 Muffin, Fruit, Juice, Milk ***** BBQ Pork Rib Sandwich, Baked Bean, Fruit, Milk	9 Donut, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	10 Biscuits and Gravy, Fruit, Juice, Milk ***** Chili, Breadstick, Crackers, Carrots w/Ranch , Fruit, Milk	11 B = 500 Calories 4.8 g Sat. Fat L = 641 Calories 5.9 g Sat. Fat
12	13 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	14 Breakfast Burrito, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans, Fruit, Milk	15 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Quesadilla, Carrots w/Ranch, Fruit, Milk	16 Mini Waffles, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	17 Honey Bun, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	18 B = 490 Calories 2.6 g Sat. Fat L = 611 Calories 4.0 g Sat. Fat
19	20 	21 Muffin, Fruit, Juice, Milk ***** Chicken Tetrzzini, Garlic Toast, Veggie Blend, Fruit, Milk	22 French Toast, Fruit, Juice, Milk ***** Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	23 Cini Minis, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	24 Pancake, Fruit, Juice, Milk ***** Beef Teriyaki, Broccoli, Fruit, Milk	25 B = 477 Calories 1.3 g Sat. Fat L = 632 Calories 2.7 g Sat. Fat
26	27 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	28 Cheese Omelet, Fruit, Juice, Milk ***** General Tso Chicken, Carrots, Fruit, Milk	29 Breakfast Pizza, Fruit, Juice, Milk ***** BBQ Pork Sandwich, Fries, Fruit, Milk	30 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Chips, Carrots w/Ranch,, Fruit, Milk	31 Waffles, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	B = 479 Calories 2.1 g Sat. Fat L = 612 Calories 5.2 g Sat. Fat