## Dent-Phelps R-III January 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			1	2	3	4
5	NO SCHOOL	7 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	8 Muffin, Fruit, Juice, Milk *****	9 Donut, Fruit, Juice, Milk *****	10 Biscuits and Gravy, Fruit, Juice, Milk *****	11 B = 500 Calories 4.8 g Sat. Fat
	Teacher Professional Development	Bosco Pizza Stick, Salad,, Fruit, Milk	BBQ Pork Rib Sandwich, Baked Bean, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Chili, Breadstick, Crackers, Carrots w/Ranch , Fruit, Milk	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	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	No School	21  Muffin,  Fruit, Juice, Milk  *****  Chicken Tetrazzini,  Garlic Toast,  Veggie Blend,  Fruit, Milk	22 French Toast, Fruit, Juice, Milk *****  Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	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

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