## Dent-Phelps R-III December 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	<b>2</b> Cereal Bar & Yogurt, Fruit, Juice, Milk *****	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 = 4.9 Calories 2.6 g Sat. Fat
	Nachos, Salsa, Corn, Fruit, Milk	General Tso Chicken, Carrots w/Ranch, Fruit, Milk	Pulled 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
8	9 Muffin, Fruit, Juice, Milk ****	10 Donuts, Fruit, Juice, Milk *****	11 French Toast, Fruit, Juice, Milk *****	12 Cini Minis Fruit, Juice, Milk *****	13 Pancakes & Sausage, Fruit, Juice, Milk *****	14 B = 647 Calories 7.2 g Sat. Fat
	Meatball Sub, Salad, Fruit, Milk	Toasted Ravioli, Cheese Stick, Carrots with Ranch, Fruit, Milk	Cheese Burger on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Hot Dog on Bun, Baked Beans, Fruit, Milk	L = 641 Calories 5.9 g Sat. Fat
15	16 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	17 Cheese Omelet, 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 = 479 Calories 2.1 g Sat. Fat
	Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	Corn Dog, Fries, Fruit, Milk	CHRISTMAS DINNER	Spaghetti with Meat Sauce, Garlic Toast, Salad, Fruit, Milk	Bosco Stick, Chips, Cheese Stick, Fruit, Milk DISMISS at 12:30 pm	L = 637 Calories 3.8 g Sat. Fat
22			MERRY RISTEN			28
29		* AND	HAPPY NEW	YEAR *		Classes resumes Tuesday, January 7th 8:00 a.m.

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