

# Dent-Phelps R-III December 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>
<b>Menu subject to change without notice</b>	<b>2</b> Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Corn, Fruit, Milk	<b>3</b> Breakfast Burrito, Fruit, Juice, Milk ***** General Tso Chicken, Carrots w/Ranch, Fruit, Milk	<b>4</b> Pancake Sausage Bites, Fruit, Juice, Milk ***** Pulled Pork Sandwich, Fries, Fruit, Milk	<b>5</b> Mini Waffles, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Beans, Carrots with Ranch, Fruit, Milk	<b>6</b> Honey Bun, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	<b>7</b> B = 4.9 Calories 2.6 g Sat. Fat  L = 612 Calories 5.2 g Sat. Fat
<b>8</b>	<b>9</b> Muffin, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	<b>10</b> Donuts, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots with Ranch, Fruit, Milk	<b>11</b> French Toast, Fruit, Juice, Milk ***** Cheese Burger on Bun, Fries, Fruit, Milk	<b>12</b> Cini Minis Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	<b>13</b> Pancakes & Sausage, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans, Fruit, Milk	<b>14</b> B = 647 Calories 7.2 g Sat. Fat  L = 641 Calories 5.9 g Sat. Fat
<b>15</b>	<b>16</b> Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	<b>17</b> Cheese Omelet, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	<b>18</b> Mini Waffles, Fruit, Juice, Milk ***** CHRISTMAS DINNER	<b>19</b> Pancake Sausage Bites, Fruit, Juice, Milk ***** Spaghetti with Meat Sauce, Garlic Toast, Salad, Fruit, Milk	<b>20</b> Sausage Breakfast Pizza, Fruit, Juice, Milk ***** Bosco Stick, Chips, Cheese Stick, Fruit, Milk <b>DISMISS at 12:30 pm</b>	<b>21</b> B = 479 Calories 2.1 g Sat. Fat  L = 637 Calories 3.8 g Sat. Fat
<b>22</b>						<b>28</b>
<b>29</b>						<b>Classes resumes            Tuesday,            January 7th            8:00 a.m.</b>