Dent-Phelps R-III February 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 Muffin, Fruit, Juice, Milk *****	4 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	5 Strawberry Bagel, Fruit, Juice, Milk *****	6 Donut, Fruit, Juice, Milk *****	7 Biscuits and Gravy, Fruit, Juice, Milk *****	8 B = 598 Calories 4.3 g Sat. Fat
	Meatball Sub, Salad, Fruit, Milk	Toasted Ravioli, Cheese Stick, Carrots w/Ranch, Fruit, Milk	Cheeseburger on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Hot Dog on Bun, Baked Beans, Fruit, Milk	L = 647 Calories 7.2 g Sat. Fat
9	10 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	11 Breakfast Burrito, Fruit, Juice, Milk ***** Shepherd's Pie, Roll,,	12 Pancake Sausage Bites, Fruit, Juice, Milk *****	13 Mini Waffles, Fruit, Juice, Milk *****	14 NO SCHOOL PD Day	15 B = 480 Calories 2.2 g Sat. Fat L = 635 Calories
	Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	Fruit, Milk	Mandarin Orange Chicken, Fried Rice, Carrots w/ Ranch, Fruit, Milk	Spaghetti w/Meat Sauce, Breadstick, Salad, Fruit, Milk	Valentines	3.8 g Sat. Fat
16	17 NO SCHOOL	18 Muffin, Fruit, Juice, Milk *****	19 French Toast, Fruit, Juice, Milk *****	20 Sausage Breakfast Pizza, Fruit, Juice, Milk *****	21 Pancake, Fruit, Juice, Milk *****	22 B = 477 Calories 1.3 g Sat. Fat
	PRESIDENTS	Chili, Breadstick, Crack- ers, Carrots w/Ranch, Fruit, Milk	BBQ Pork Rib Sandwich, Baked Beans, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Bosco Pizza Stick, Salad,, Fruit, Milk	L = 641 Calories 5.9 g Sat. Fat
23	24 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	25 Cheese Omelet, Fruit, Juice, Milk *****	26 Mini Waffles, Fruit, Juice, Milk *****	27 Pancake Sausage Bites, Fruit, Juice, Milk *****	28 Pancake Sausage Bites, Fruit, Juice, Milk *****	B = 479 Calories 2.1 g Sat. Fat
	Tortilla Chili Pie, Corn,, Fruit, Milk	Hot Dog on Bun, Baked Beans, Fruit, Milk	Chicken Quesadilla, Carrots w/Ranch, Fruit, Milk	Chicken Penne, Breadstick, Salad, Fruit, Milk	Cheese Pizza, Salad, Fruit, Milk	L = 611 Calories 4.0 g Sat. Fat

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