



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