


Dent-Phelps R-III March 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>
Menu subject to change without notice	3 Muffin, Fruit, Juice, Milk ***** Chicken Tetrzzini, Garlic Toast, Veggie Blend, Fruit, Milk	4 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	5 Strawberry Bagel, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	6 Donut, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	7 Biscuits and Gravy, Fruit, Juice, Milk ***** Beef Teriyaki w/Noodles, Broccoli/Carrots w/ Ranch, 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 ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	11 Breakfast Burrito, Fruit, Juice, Milk ***** General Tso Chicken, Salad, Fruit, Milk	12 Pancake Sausage Bites, Fruit, Juice, Milk ***** BBQ Pork Sandwich, Fries, Fruit, Milk	13 Mini Waffles, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Beans, Carrots w/Ranch, Fruit, Milk	14 Honey Bun, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	15 B = 480 Calories 2.2 g Sat. Fat L = 635 Calories 3.8 g Sat. Fat
6	17 Mini Waffles, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	18 Mini Donuts, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots w/Ranch, Fruit, Milk	19 French Toast, Fruit, Juice, Milk ***** Cheeseburger on Bun, French Fries, Fruit, Milk	20 Cini Minis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	21 Pancake, Fruit, Juice, Milk ***** Hot Dog on Bun, Fries, Fruit, Milk	22 B = 477 Calories 1.3 g Sat. Fat L = 641 Calories 5.9 g Sat. Fat
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30	31 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast Fruit, Milk					B = 479 Calories 2.1 g Sat. Fat L = 637 Calories 3.8 g Sat. Fat