Dent-Phelps R-III March 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	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
	Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	Mashed Potato Bowl, Carrots w/Ranch, Fruit, Milk	Chicken Patty on Bun, Fries, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Beef Teriyaki w/Noodles, Broccoli/Carrots w/ Ranch, Fruit, Milk	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

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