Dent-Phelps R-III April 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 Cheese Omelet, Fruit, Juice, Milk ***** Shepherd's Pie,	2 Mini Waffles, Fruit, Juice, Milk ***** Mandarin Orange	3 Pancake Sausage Bites, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce,	4 Breakfast Pizza, Fruit, Juice, Milk ***** Chicken Fajitas, Beans,	5 B = 479 Calories 2.1 g Sat. Fat L = 637 Calories
		Roll, Fruit, Milk	Chicken, Fried Rice, Carrots w/Ranch, Fruit, Milk	Garlic Toast, Salad, Fruit, Milk	Broccoli w/Ranch, Fruit, Milk	3.8 g Sat. Fat
6	7 Muffin, Fruit, Juice, Milk *****	8 Egg and Cheese Biscuit, Fruit, Juice, Milk *****	9 Mini Waffles, Fruit, Juice, Milk *****	Donut, Fruit, Juice, Milk *****	11 Biscuits and Gravy, Fruit, Juice, Milk *****	12 B = 498 Calories 4.3 g Sat. Fat
	Corn Dog, Fries, Fruit, Milk	Chili, Breadstick, Crackers, Carrots w/Ranch Fruit, Milk	BBQ Pork Sandwich, Baked Beans, Fruit, Milk	Taco Salad, Salsa, Fruit, Milk	Bosco Stick,, Salad, Fruit, Milk	L = 625 Calories 5.3 g Sat. Fat
13	14 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	15 Breakfast Burrito, Fruit, Juice, Milk *****	16 Pancake Sausage Bites, Fruit, Juice, Milk *****	17 Mini Waffles Fruit, Juice, Milk *****	18 Happy Easter	19 B = 480 Calories 2.2 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	NO SCHOOL	L = 633 Calories 4.2 g Sat. Fat
20	NO SCHOOL PROFESSIONAL	22 Muffin, Fruit, Juice, Milk *****	23 French Toast, Fruit, Juice, Milk *****	24 Cini Minis, Fruit, Juice, Milk *****	25 Pancake, Fruit, Juice, Milk *****	26 B = 477 Calories 1.3 g Sat. Fat
	DEVELOPMENT	Burrito, Salad, Fruit, Milk	Chicken Patty on Bun, Fries, Fruit, Milk	Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	Beef Teriyaki w/Noodles, Broccoli & Carrots w/ Ranch, Fruit, Milk	L = 632 Calories 2.7 g Sat. Fat
27	28 Cereal Bar & Yogurt, Fruit, Juice, Milk *****	29 Cheese Omelet Fruit, Juice, Milk *****	30 Mini Waffles Fruit, Juice, Milk *****			B = 491 Calories 1.8 g Sat. Fat
	Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	General Tso Chicken, Salad, Fruit, Milk	BBQ Pork Sandwich, Fries, Fruit, Milk			L = 595 Calories 4.6 g Sat. Fat

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