



# Dent-Phelps R-III April 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>
<b>Menu subject to change without notice</b>		1 Cheese Omelet, Fruit, Juice, Milk ***** Shepherd's Pie, Roll, Fruit, Milk	2 Mini Waffles, Fruit, Juice, Milk ***** Mandarin Orange Chicken, Fried Rice, Carrots w/Ranch, Fruit, Milk	3 Pancake Sausage Bites, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce, Garlic Toast, Salad, Fruit, Milk	4 Breakfast Pizza, Fruit, Juice, Milk ***** Chicken Fajitas, Beans, Broccoli w/Ranch, Fruit, Milk	5 B = 479 Calories 2.1 g Sat. Fat  L = 637 Calories 3.8 g Sat. Fat
6	7 Muffin, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk	8 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Chili, Breadstick, Crackers, Carrots w/Ranch Fruit, Milk	9 Mini Waffles, Fruit, Juice, Milk ***** BBQ Pork Sandwich, Baked Beans, Fruit, Milk	10 Donut, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	11 Biscuits and Gravy, Fruit, Juice, Milk ***** Bosco Stick,, Salad, Fruit, Milk	12 B = 498 Calories 4.3 g Sat. Fat  L = 625 Calories 5.3 g Sat. Fat
13	14 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	15 Breakfast Burrito, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans, Fruit, Milk	16 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Quesadilla, Carrots w/Ranch, Fruit, Milk	17 Mini Waffles Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	18  <b>NO SCHOOL</b>	19 B = 480 Calories 2.2 g Sat. Fat  L = 633 Calories 4.2 g Sat. Fat
20	21  <b>NO SCHOOL</b> <b>PROFESSIONAL DEVELOPMENT DAY</b>	22 Muffin, Fruit, Juice, Milk ***** Burrito, Salad, Fruit, Milk	23 French Toast, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	24 Cini Minis, Fruit, Juice, Milk ***** Chicken Tetrizzini, Garlic Toast, Veggie Blend, Fruit, Milk	25 Pancake, Fruit, Juice, Milk ***** Beef Teriyaki w/Noodles, Broccoli & Carrots w/ Ranch, Fruit, Milk	26 B = 477 Calories 1.3 g Sat. Fat  L = 632 Calories 2.7 g Sat. Fat
27	28 Cereal Bar & Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, Broccoli w/Ranch, Fruit, Milk	29 Cheese Omelet Fruit, Juice, Milk ***** General Tso Chicken, Salad, Fruit, Milk	30 Mini Waffles Fruit, Juice, Milk ***** BBQ Pork Sandwich, Fries, Fruit, Milk			B = 491 Calories 1.8 g Sat. Fat  L = 595 Calories 4.6 g Sat. Fat