

Dent-Phelps R-III February 2026

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>
1 Menu subject to change without notice	2 Muffins, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	3 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Chips, Carrots, Fruit, Milk	4 Mini Strawberry Bagels, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	5 Mini French Toast, Fruit, Juice, Milk ***** Taco Salad Fruit, Milk	6 Biscuits and Gravy Fruit, Juice, Milk ***** Hot Dog on Bun, Fries, Fruit, Milk	7 B = 487 Calories 3.7 g Sat. Fat L = 647 Calories 7.2 g Sat. Fat
8	9 Muffins, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	10 Breakfast Burrito, Fruit, Juice, Milk ***** Mandarin Orange Chick- en, Carrots with Ranch, Breadstick, Fruit, Milk	11 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Patty on Bun Fries, Fruit, Milk	12 Mini Waffles, Fruit, Juice, Milk ***** Spaghetti, Garlic Toast, Salad, Fruit, Milk	13 NO SCHOOL PD Day	14 B = 484 Calories 3.0 g Sat. Fat L = 641 Calories 2.9 g Sat. Fat
15	16 NO SCHOOL President's Day	17 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Chili, Breadsticks, Crackers, Carrots w/Ranch, Fruit, Milk	18 Mini French Toast, Fruit, Juice, Milk ***** Bar B Q Pork Rib on Bun, Baked Beans, Fruit, Milk	19 Cini Mini's Fruit, Juice, Milk ***** Bosco Stick, Chips, Salad, Fruit, Milk	20 Ham & Cheese Croissant, Fruit, Juice, Milk ***** Taco Pizza, Fruit, Milk	21 B = 491 Calories 2.9 g Sat. Fat L = 646 Calories 6.5 g Sat. Fat
22	23 Sausage/Egg/Cheese English Muffin, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	24 Pancake Sausage Bites, Fruit, Juice, Milk ***** Lemon Chicken, Salad, Fruit, Milk	25 Mini Waffles, Fruit, Juice, Milk ***** Chicken Quesadilla, Carrots, Fries, Fruit, Milk	26 Omelet, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	27 Sausage Egg Wrap Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	28 B = 493 Calories 2.9 g Sat. Fat L = 600 Calories 3.5 g Sat. Fat