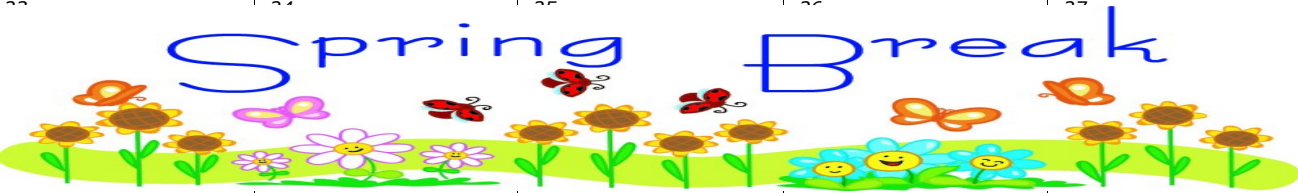


Dent-Phelps R-III March 2026 Menu

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>
1 Menu subject to change without notice	2 Muffins, Fruit, Juice, Milk ***** Chicken Tetrazzini, Garlic Toast, Veggie Blend, Fruit, Milk	3 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Mozzarella Bites, Sauced Noodles, Carrots, Fruit, Milk	4 Mini Strawberry Bagels, Fruit, Juice, Milk ***** Chicken Patty on Bun Fries, Fruit, Milk	5 Mini French Toast, Fruit, Juice, Milk ***** Taco Salad Fruit, Milk	6 Biscuits and Gravy Fruit, Juice, Milk ***** Ham and Cheese Croissant, Veggies with Ranch, Fruit, Milk	7 B = 487 Calories 3.7 g Sat. Fat L = 640 Calories 5.6 g Sat. Fat
8	9 Sausage Egg Wrap, Fruit, Juice, Milk ***** Nachos, Corn, Fruit, Milk	10 Breakfast Burrito, Fruit, Juice, Milk ***** General Tso Chicken, Salad, Fruit, Milk	11 Pancake Sausage Bites, Fruit, Juice, Milk ***** Pulled Pork Sandwich, Fries, Fruit, Milk	12 Mini Waffles, Fruit, Juice, Milk ***** Taco Pizza, Salad, Fruit, Milk	13 Sausage, Egg and Cheese English Muffin, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Carrots with Ranch, Fruit, Milk	14 B = 492 Calories 2.9 g Sat. Fat L = 628 Calories 5.0 g Sat. Fat
15	16 Muffins, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	17 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Toasted Ravioli, String Cheese, Carrots with Ranch, Fruit, Milk	18 Mini French Toast, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	19 Cini Mini's Fruit, Juice, Milk ***** Chef Salad, Fruit, Milk	20 Pancakes, Fruit, Juice, Milk ***** Hot Dog on Bun, Fries, Fruit, Milk	21 B = 482 Calories 2.6 g Sat. Fat L = 647 Calories 7.2 g Sat. Fat
22						28
29	30 Sausage, Egg and Cheese English Muffin, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	31 Pancake Sausage Bites, Fruit, Juice, Milk ***** Mandarin Orange Chicken, Rice, Carrots with Ranch, Fruit, Milk				B = 487 Calories 2.7 g Sat. Fat L = 641 Calories 2.9 g Sat. Fat