

Dent-Phelps R-III May 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					1 Sausage Egg Wrap, Fruit, Juice, Milk ***** Taco Pizza, Fruit, Milk	2 B = 516Calories 3.7 g Sat. Fat L = 574 Calories 6.0 g Sat. Fat
3	4 Muffins, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	5 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots w/Ranch, Fruit, Milk	6 Strawberry Bagel, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	7 French Toast, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	8 Cini Minis, Fruit, Juice, Milk ***** Crispitos, Chips, Carrots w/Ranch Fruit, Milk	9 B = 487 Calories 3.7 g Sat. Fat L = 647 Calories 7.2 g Sat. Fat
10	11 Sausage Egg Wrap, Fruit, Juice, Milk ***** Corndogs, Fries, Fruit, Milk	12 Breakfast Burrito, Fruit, Juice, Milk ***** Lemon Chicken, Salad, Fruit, Milk	13 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Quesadilla, Carrots w/Ranch, Fruit, Milk	14 Mini Waffles, Fruit, Juice, Milk ***** FIELD DAY LUNCH	15 Sausage Egg and Cheese Bites, Fruit, Juice, Milk ***** Bosco Stick, Chips, Fruit, Milk	16 B = 492 Calories 2.6 g Sat. Fat L = 600 Calories 3.5 g Sat. Fat

