

Dent-Phelps R-III September 2026

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 Breakfast Burrito, Fruit, Juice, Milk ***** Mozzarella Bites, Carrots w/Ranch Fruit, Milk	2 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	3 Bagel w/Cream Cheese, Fruit, Juice, Milk ***** Taco Salad, Beans, Salsa , Fruit, Milk	4 Cheese Omelet, Fruit, Juice, Milk ***** Bosco Stick, Broccoli and Carrots w/Ranch, Fruit, Milk	5 B = 467 Calories 1.9 g Sat. Fat L = 623 Calories 5.0 g Sat. Fat
6	7 NO SCHOOL Labor Day	8 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** General Tso Chicken, Salad, Fruit, Milk	9 Muffin, Fruit, Juice, Milk ***** Pulled Pork Sandwich, Fries, Fruit, Milk	10 Cini Minis, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Chips, Carrots w/Ranch, Fruit, Milk	11 Pancakes, Fruit, Juice, Milk ***** Taco Pasta, Breadstick, Mixed Vegetables, Fruit, Milk	12 B = 510 Calories 2.8 g Sat. Fat L = 648 Calories 4.6 g Sat. Fat
13	14 Turkey Cheese Crossant, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	15 Egg and Cheese Crispito, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots w/Ranch, Fruit, Milk	16 Mini Waffles, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	17 Breakfast Pizza, Fruit, Juice, Milk ***** Chef Salad, Fruit, Milk	18 Honey Bun, Fruit, Juice, Milk ***** Hot Dog on Bun, Fries, Carrots w/Ranch, Fruit, Milk	19 B = 512 Calories 2.0 g Sat. Fat L = 652 Calories 6.9 g Sat. Fat
20	21 Muffin, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce, Breadstick, Broccoli w/Ranch, Fruit, Milk	22 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Orange Chicken, Salad, Fruit, Milk	23 Strawberry Bagel, Fruit, Juice, Milk ***** BBQ Pork Patty on Bun, Fries, Fruit, Milk	24 French Toast, Fruit, Juice, Milk ***** Chicken Fajitas, Carrots w/Ranch, Fruit, Milk	25 Biscuits and Gravy, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	26 B = 487 Calories 3.7 g Sat. Fat L = 631 Calories 5.3 g Sat. Fat
27	28 Egg and Cheese Crispito, Fruit, Juice, Milk ***** Chicken Crispito, Chips, Salad, Fruit, Milk	29 Breakfast Burrito, Fruit, Juice, Milk ***** Taco Pasta, Garlic Toast, Mixed Vegetables, Fruit, Milk	30 Pancake Sausage Bites, Fruit, Juice, Milk ***** Corn Dog, Fries, Fruit, Milk			B = 466 Calories 2.8 g Sat. Fat L = 654 Calories 7.0 g Sat. Fat