

Dent-Phelps R-III October 2026 Menu

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 Egg and Cheese Omelet, Fruit, Juice, Milk ***** Chicken Penne, Salad, Breadstick, Fruit, Milk	2 Pancakes, Fruit, Juice, Milk ***** Taco Pizza, Salad, Fruit, Milk	3 B = 370 Calories 3.0 g Sat. Fat L = 652 Calories 4.3 g Sat. Fat
4	5 NO School	6 Waffles, Fruit, Juice, Milk ***** BBQ Chicken, Fries, Fruit, Milk	7 Cini Minis, Fruit, Juice, Milk ***** Pulled Pork Sandwich, Fries, Fruit, Milk	8 French Toast, Fruit, Juice, Milk ***** Spaghetti w/Meat Sauce, Garlic Bread, Salad, Fruit, Milk	9 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Hot Dog on Bun, Fries, Fruit, Milk	10 B = 480 Calories 3.2 g Sat. Fat L = 649 Calories 4.6 g Sat. Fat
11	12 Muffins, Fruit, Juice, Milk ***** Meatball Sub, Salad, Fruit, Milk	13 Strawberry Bagels, Fruit, Juice, Milk ***** Orange Chicken, Salad, Fruit, Milk	14 Pancake Bites, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	15 Breakfast Burrito, Fruit, Juice, Milk ***** Taco Salad, Beans, Fruit, Milk	16 Biscuits and Gravy, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	17 B = 460 Calories 3.8 g Sat. Fat L = 657 Calories 5.6 g Sat. Fat
18	19 Bagel w/Cream Cheese, Fruit, Juice, Milk ***** General Tso Chicken, Carrots w/Ranch, Fruit, Milk	20 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Chips, Carrots Fruit, Milk	21 Cheese Omelet, Fruit, Juice, Milk ***** BBQ Pork Patty on Bun, Baked Beans, Fruit, Milk	22 Breakfast Pizza, Fruit, Juice, Milk ***** Chef Salad, Fruit, Milk	23 NO School	24 B = 397 Calories 3.7 g Sat. Fat L = 631 Calories 5.3 g Sat. Fat
25	26 Pancakes, Fruit, Juice, Milk ***** Toasted Ravioli, Cheese Stick, Carrots, Fruit, Milk	27 Cini Minis, Fruit, Juice, Milk ***** Cheeseburger on Bun, Fries, Fruit, Milk	28 Bagel w/Cream Cheese, Fruit, Juice, Milk ***** Chicken Patty on Bun, Fries, Fruit, Milk	29 Waffles, Fruit, Juice, Milk ***** Chicken Fajita, Beans, Fruit, Milk	30 Cheese Omelet, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	31 B = 512 Calories 2.0 g Sat. Fat L = 652 Calories 6.9 g Sat. Fat