

Dent-Phelps R-III October 2021 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>
<i>Menu subject to change without notice</i>					1 Mini French Toast, Fruit, Juice, Milk ***** Bosco Pizza Stick, Salad with Dressing, Fruit, Milk	2 B = 469 Calories 2.5 g Sat. Fat L = 625Calories 5.3g Sat. Fat
3	4 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Tortilla Chili Pie, Corn, Fruit, Milk	5 Breakfast Burrito, Fruit, Juice, Milk ***** Pulled Pork Sandwich, Fries, Fruit, Milk	6 Pancake Sausage Bites, Fruit, Juice, Milk ***** Chicken Penne, Breadstick, Salad, Fruit, Milk	7 Mini Waffles, Fruit, Juice, Milk ***** Combo Sub Sandwich, Chips, Carrots, Fruit, Milk	8 Honey Bun, Fruit, Juice, Milk ***** Cheese Pizza, Salad, Fruit, Milk	9 B = 490 Calories 2.6 g Sat. Fat L = 637 Calories 4.7 g Sat. Fat
10	11 Muffin, Fruit, Juice, Milk ***** Chicken Tetrizzini, Garlic Toast, Vegetable Blend, Fruit, Milk	12 Breakfast Pizza Boat, Fruit, Juice, Milk ***** Mashed Potato Bowl, Glazed Carrots, Fruit, Milk	13 French Toast, Fruit, Juice, Milk ***** Teriyaki Rice Bowl, Broccoli & Carrots, with Ranch, Fruit, Milk	14 Mini Cinnis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Beans,, Fruit, Milk	15 Mini Pancakes, Fruit, Juice, Milk ***** Chicken Patty Sandwich, Fries, Fruit, Milk	16 B = 476 Calories 1.5 g Sat. Fat L = 636Calories 3.5 g Sat. Fat
17	18 Cereal Bar and Yogurt, Fruit, Juice, Milk ***** Nachos, Salsa, broccoli with Ranch, Fruit, Milk	19 Toast and Egg, Fruit, Juice, Milk ***** Meatloaf, Garlic Toast, Green Beans, Fruit, Milk	20 Mini Waffles, Fruit, Juice, Milk ***** Toasted Ravioli, String Cheese, Carrots with Ranch, Fruit, Milk	21 Pancake Sausage Bites, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Fruit, Milk	22 NO SCHOOL	23 B = 456 Calories 1.5 g Sat. Fat L = 616 Calories 6.5 g Sat. Fat
24	25 Muffin, Fruit, Juice, Milk ***** Meatball Sub Sandwich, Salad, Fruit, Milk	26 Egg and Cheese Biscuit, Fruit, Juice, Milk ***** Hot Dog on Bun, Baked Beans, Fruit, Milk	27 Mini Strawberry Bagel, Fruit, Juice, Milk ***** BBQ Pork Rib on Bun, Fries, Fruit, Milk	28 Breakfast Pizza Boat, Fruit, Juice, Milk ***** Taco Salad, Salsa Black Beans,, Fruit, Milk	29 French Toast, Fruit, Juice, Milk ***** Vegetable Beef Soup, Breadstick, Fruit, Milk	30 B = 469 Calories 2.5 g Sat. Fat L = 640 Calories 6.3 g Sat. Fat