


Dent-Phelps R-III November Menu

	Mon	Tue	Wed	Thu	Fri	Nutrients
<i>Menu subject to change without notice</i>			1 French Toast, Syrup Fruit, Juice, Milk ***** Taco Salad Salsa, Fruit, Milk	2 Mini Cinni's Fruit, Juice, Milk ***** Mac & Cheese Pork & Beans, Fruit, Milk	3 Pancakes, Syrup Fruit, Juice, Milk ***** Bosco Stick, Marinara Carrots, Broccoli, Ranch Fruit, Milk	B = 497 Calories 1.4 g Sat. Fat ***** L = 613 Calories 6.2 g Sat Fat
	6 Biscuit & Gravy Fruit, Juice, Milk ***** Tortilla Chili Pie Corn, Fruit, Milk	7 Egg Patty, Toast, Jelly Fruit, Juice, Milk ***** Pizza, Salad Fruit, Cookie, Milk	8 Waffles, Syrup Fruit, Juice, Milk ***** Chef Salad Fruit, Milk	9 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Chicken Penne Salad, Fruit, Milk	10 Breakfast Pizza Fruit, Juice, Milk ***** BBQ Pork Sandwich Baked Beans, Carrots Fruit, Milk	B = 458 Calories 1.8 g Sat. Fat ***** L = 634 Calories 4.6 g Sat. Fat
	13 French Toast, Syrup Fruit, Juice, Milk ***** Chicken Tetrizzini Salad, Breadstick Fruit, Milk	14 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Orange Chicken Rice Bowl Carrots, Fruit, Milk	15 Bagel, Cream Cheese Fruit, Juice, Milk ***** Taco Salad Salsa, Fruit, Milk	16 Glazed Donut Fruit, Juice, Milk ***** Chicken Sandwich Deluxe Fries, Fruit, Milk	17 Biscuit & Gravy Fruit, Juice, Milk ***** Grilled Cheese, Pork & Beans, Salad, Fruit, Milk	B = 493 Calories 3.3 g Sat. Fat ***** L = 632 Calories 3.8 g Sat. Fat
	20 Breakfast Burrito Fruit, Juice, Milk ***** Cheeseburger French Fries, Fruit, Milk	21 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Ranch Drumstick, Roll Green Beans, Fruit, Milk	22 No School	23 No School 	24 No School	B = 439 Calories 0.8 g Sat. Fat ***** L = 630 Calories 6.2 g Sat. Fat
	27 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Chicken Alfredo, Carrots Breadstick, Fruit, Milk	28 Biscuit & Gravy Fruit, Juice, Milk ***** Meatloaf, Corn Garlic Toast, Fruit, Milk	29 French Toast, Syrup Fruit, Juice, Milk ***** Taco Salad Salsa, Fruit, Milk	30 Mini Cinni's Fruit, Juice, Milk ***** Sloppy Joe, Pork & Beans, Fruit, Milk	1 Pancakes, Syrup Fruit, Juice, Milk ***** Pepperoni Pizza Salad, Fruit, Cookie, Milk	B = 485 Calories 1.9 g Sat. Fat ***** L = 642 Calories 5.3 g Sat. Fat

The daily nutrition count listed below is found by averaging the entire week's worth of meals