


Dent-Phelps R-III January Menu

	Mon	Tue	Wed	Thu	Fri	Nutrients
<i>Menu subject to change without notice</i>	1 <i>No School</i> 	2 <i>No School</i>	3 <i>French Toast, Syrup</i> <i>Fruit, Juice, Milk</i> ***** <i>Pepperoni Pizza</i> <i>Salad, Fruit, Cookie, Milk</i>	4 <i>Mini Cinni's</i> <i>Fruit, Juice, Milk</i> ***** <i>Orange Chicken Rice Bowl</i> <i>Carrots, Fruit, Milk</i>	5 <i>Pancakes, Syrup</i> <i>Fruit, Juice, Milk</i> ***** <i>Cheeseburger, French</i> <i>Fries, Fruit, Milk</i>	<i>B = 497 Calories</i> <i>1.4 g Sat. Fat</i> ***** <i>L = 649 Calories</i> <i>5.9 g Sat. Fat</i>
	8 <i>Biscuit & Gravy</i> <i>Fruit, Juice, Milk</i> ***** <i>Popcorn Chicken, Green</i> <i>Beans, Bread, Fruit, Milk</i>	9 <i>Egg Patty, Toast, Jelly</i> <i>Fruit, Juice, Milk</i> ***** <i>Salisbury Steak, Mashed</i> <i>Potatoes, Roll, Fruit, Milk</i>	10 <i>Waffles, Syrup</i> <i>Fruit, Juice, Milk</i> ***** <i>Chef Salad</i> <i>Fruit, Milk</i>	11 <i>Cereal, Toast, Jelly</i> <i>Fruit, Juice, Milk</i> ***** <i>Spaghetti, Breadstick</i> <i>Salad, Fruit, Milk</i>	12 <i>Breakfast Pizza</i> <i>Fruit, Juice, Milk</i> ***** <i>Chicken Fajitas, Black</i> <i>Beans, Broccoli, Fruit, Milk</i>	<i>B = 458 Calories</i> <i>1.8 g Sat. Fat</i> ***** <i>L = 640 Calories</i> <i>5.0 g Sat. Fat</i>
	15 <i>No School</i>	16 <i>Cereal, Toast, Jelly</i> <i>Fruit, Juice, Milk</i> ***** <i>Corn Dog, French</i> <i>Fries, Fruit, Milk</i>	17 <i>Bagel, Cream Cheese</i> <i>Fruit, Juice, Milk</i> ***** <i>Taco Salad</i> <i>Fruit, Milk</i>	18 <i>Glazed Donut</i> <i>Fruit, Juice, Milk</i> ***** <i>Chili, Breadstick</i> <i>Carrots, Fruit, Milk</i>	19 <i>Biscuit & Gravy</i> <i>Fruit, Juice, Milk</i> ***** <i>Bosco Stick, Marinara</i> <i>Carrots, Broccoli, Ranch</i> <i>Dip, Fruit, Milk</i>	<i>B = 493 Calories</i> <i>3.8 g Sat. Fat</i> ***** <i>L = 604 Calories</i> <i>5.8 g Sat. Fat</i>
	22 <i>Breakfast Burrito</i> <i>Fruit, Juice, Milk</i> ***** <i>Tortilla Chili Pie</i> <i>Corn, Fruit, Milk</i>	23 <i>Cereal, Toast, Jelly</i> <i>Fruit, Juice, Milk</i> ***** <i>Cheese Pizza</i> <i>Salad, Fruit, Cookie, Milk</i>	24 <i>Pancake Wrap</i> <i>Fruit, Juice, Milk</i> ***** <i>Chef Salad</i> <i>Fruit, Milk</i>	25 <i>Waffles, Syrup</i> <i>Fruit, Juice, Milk</i> ***** <i>Chicken Penne, Salad</i> <i>Breadstick, Fruit, Milk</i>	26 <i>Blueberry Muffin</i> <i>Fruit, Juice, Milk</i> ***** <i>Pork Rib Sandwich</i> <i>Baked Beans, Carrots</i> <i>Ranch Dip, Fruit, Milk</i>	<i>B = 462 Calories</i> <i>1.3 g Sat. Fat</i> ***** <i>L = 634 Calories</i> <i>4.6 g Sat. Fat</i>
	29 <i>Cereal, Toast, Jelly</i> <i>Fruit, Juice, Milk</i> ***** <i>Chicken Tetrazzini, Salad</i> <i>Breadstick, Fruit, Milk</i>	30 <i>Biscuit & Gravy</i> <i>Fruit, Juice, Milk</i> ***** <i>Orange Chicken Rice Bowl</i> <i>Vegetables, Fruit, Milk</i>	31 <i>French Toast, Syrup</i> <i>Fruit, Juice, Milk</i> ***** <i>Taco Salad</i> <i>Fruit, Milk</i>			<i>B = 475 Calories</i> <i>2.2 g Sat. Fat</i> ***** <i>L = 622 Calories</i> <i>4.1 g Sat. Fat</i>

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