

Dent-Phelps R-III March Menu

Sun	Mon	Tue	Wed	Thu	Fri	Nutrients
Menu subject to change without notice				1 Mini Cinni's Fruit, Juice, Milk ***** Mac & Cheese, Broccoli Breadstick, Fruit, Milk	2 Pancakes, Syrup Fruit, Juice, Milk ***** Bosco Sticks, Marinara Carrots, Chips, Fruit, Milk	B = 485 Calories 1.9 g Sat. Fat L = 623 Calories 5.5 g Sat. Fat
	5 Biscuit & Gravy Fruit, Juice, Milk ***** Tortilla Chili Pie Corn, Fruit, Milk	6 Egg Patty, Toast, Jelly Fruit, Juice, Milk ***** Cheese Pizza, Salad Fruit, Cookie, Milk	7 Waffles, Syrup Fruit, Juice, Milk ***** Chef Salad Fruit, Milk	8 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Chicken Penne, Salad Breadstick, Fruit, Milk	9 Sausage Breakfast Pizza Fruit, Juice, Milk ***** Pork Rib Sandwich Baked Beans, Carrots Fruit, Milk	B = 458 Calories 1.8 g Sat. Fat L = 634 Calories 4.6 g Sat. Fat
	12 French Toast, Syrup Fruit, Juice, Milk ***** Chicken Tetrizzini, Salad Breadstick, Fruit, Milk	13 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Orange Chicken Rice Bowl, Carrots, Fruit, Milk	14 Bagel, Cream Cheese Fruit, Juice, Milk ***** Taco Salad Salsa, Fruit, Milk	15 Glazed Donut Fruit, Juice, Milk ***** Chicken Sandwich Deluxe, Fries, Fruit, Milk	16 Biscuit & Gravy Fruit, Juice, Milk ***** Grilled Cheese, Tomato Soup, Carrots, Fruit, Milk	B = 493 Calories 3.3 g Sat. Fat L = 632 Calories 3.8 g Sat. Fat
	19 Breakfast Burrito Fruit, Juice, Milk ***** Cheese Nachos, Salsa Corn, Fruit, Milk	20 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Cheeseburger, French Fries, Fruit, Milk	21 Pancake Wrap, Syrup Fruit, Juice, Milk ***** Chef Salad Fruit, Milk	22 Waffles, Syrup Fruit, Juice, Milk ***** White Chicken Chili Crackers, Carrots, Fruit, Milk	23 Blueberry Muffin Fruit, Juice, Milk ***** Ranch Drumsticks, Sun Chips, Green Beans Roll, Fruit, Milk	B = 462 Calories 1.3 g Sat. Fat L = 626 Calories 5.1 g Sat. Fat
	26 No School	27 No School	28 No School	29 No School	30 No School	

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