

Dent-Phelps R-III May Menu

Sun	Mon	Tue	Wed	Thu	Fri	Nutrients
Menu subject to change without notice		1 Biscuit & Gravy Fruit, Juice, Milk ***** Hamburger, Baked Beans, Fruit, Milk	2 Breakfast Burrito Fruit, Juice, Milk ***** Chef Salad Fruit, Juice, Milk	3 Mini Cinni's Fruit, Juice, Milk ***** Chicken Chili, Crackers Salad, Fruit, Milk	4 Banana Muffin Fruit, Juice, Milk ***** Ranch Drumsticks, Roll Green Beans, Sun Chips Fruit, Milk	B = 485 Calories 2.3 g Sat. Fat L = 626 Calories 4.8 g Sat. Fat
	7 Biscuit & Gravy Fruit, Juice, Milk ***** Cheeseburger, French Fries, Fruit, Milk	8 Egg Patty, Toast, Jelly Fruit, Juice, Milk ***** Twisted Chicken Alfredo Carrots, Breadstick Fruit, Milk	9 Waffles, Syrup Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Roll, Fruit, Milk	10 Cereal, Toast, Jelly Fruit, Juice, Milk ***** Chicken & Cheese Crispitos, Broccoli, Corn Fruit, Milk	11 Honey Bun Fruit, Juice, Milk ***** Pepperoni Pizza, Salad Fruit, Cookie, Milk	B = 458 Calories 1.8 g Sat. Fat L = 695 Calories 5.8 g Sat. Fat
	14 Maple Pancakes Fruit, Juice, Milk ***** Corn Dogs, French Fries Fruit, Milk	15 Filled Bagels Fruit, Juice, Milk ***** Rib Patty Sandwich Baked Beans, Carrots Fruit, Milk	16 Cinni Mini's Fruit, Juice, Milk ***** Chicken Fajitas, Salsa Broccoli, Fruit, Milk	17 Blueberry Muffin Fruit, Juice, Milk ***** Field Day BBQ	18 Banana Muffin Fruit, Juice, Milk ***** Sack Lunch Last Day Dismiss at 12:45	B = 493 Calories 3.3 g Sat. Fat L = 634 Calories 4.6 g Sat. Fat
	21	22	23	24	25	
	28	29	30	31		

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