

# Dent-Phelps R-III January Menu

	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>						
	31  <b>NO SCHOOL</b>	1  <b>HAPPY NEW YEAR 2019! ~ NO SCHOOL</b>	2  Mini Cinnis, Fruit, Juice, Milk ***** White Chicken Chili Crackers, Salad, Fruit, Milk	3  Cereal, Toast, Jelly Fruit, Juice, Milk ***** Chicken Sandwich Deluxe, French Fries, Fruit, Milk	4  Pancakes, Syrup, Fruit, Juice, Milk ***** Beef Stew, Roll, Fruit, Milk	5  B = 496 Calories 0.9 g Sat. Fat  L = 627 Calories 4.9 g Sat. Fat
6	7  Blueberry Muffins, Fruit, Juice, Milk ***** Nacho Cheese Sauce, Tortilla Chips, Salsa, Corn, Fruit, Milk	8  Egg Patty, Toast, Jelly, Fruit, Juice, Milk ***** Hamburger on Bun, Pork & Beans, Fruit, Milk	9  Waffles, Syrup, Fruit, Juice, Milk ***** Chef Salad, Fruit, Milk	10  Filled Bagels, Fruit, Juice, Milk ***** Orange Chicken Rice Bowl, Baby Carrots, w/Ranch Dressing, Fruit, Milk	11  Breakfast Pizza, Fruit, Juice, Milk ***** Homemade Vegetable Beef Soup, Roll, Fruit, Milk	12  B = 451 Calories 1.7 g Sat. Fat  L = 619 Calories 5.5 g Sat. Fat
13	14  Banana Muffins, Fruit, Juice, Milk ***** Twisted Chicken Alfredo, Breadstick, Baby Carrots w/Ranch Dressing, Fruit, Milk	15  Cereal, Toast, Jelly Fruit, Juice, Milk ***** Salisbury Steak, Mashed Potatoes, Gravy, Breadstick, Fruit, Milk	16  Bagel, Cream Cheese, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	17  Glazed Donut, Fruit, Juice, Milk ***** Chicken Cheese Crispito, Baby Carrots w/Ranch Dressing, Fruit, Milk	18  French Toast Sticks, Syrup, Fruit, Juice, Milk ***** Pepperoni Pizza, Salad, Dressing Fruit, Milk	19  B = 494 Calories 3.2 g Sat. Fat  L = 610 Calories 5.1 g Sat. Fat
20	21  <b>NO SCHOOL TODAY</b>	22  Apple & Cinnamon Muffins, Fruit, Juice, Milk ***** Popcorn Chicken, Green Beans, Garlic Toast, Fruit, Milk	23  Pancake Wrap, Syrup Fruit, Juice, Milk ***** Chef Salad, Fruit, Milk	24  Waffles, Syrup, Fruit, Juice, Milk ***** Bosco Stick, Chips, Carrots Fruit, Milk	25  Blueberry Muffins, Fruit, Juice, Milk ***** Shepherd's Pie, Hot Roll, Fruit, Milk	26  B = 487 Calories 1.2 g Sat. Fat  L = 615 Calories 4.2 g Sat. Fat
27	28  Banana Muffins, Fruit, Juice, Milk ***** Corn Dog, French Fries, Fruit, Milk	29  Biscuit & Gravy, Fruit, Juice, Milk ***** Chili w/Crackers, Breadstick, Baby Carrots w/Ranch Dressing, Fruit, Milk	30  Mini Cinnis, Fruit, Juice, Milk ***** Taco Salad, Salsa, Fruit, Milk	31  Cereal, Toast, Jelly, Fruit, Juice, Milk ***** Chicken Fajitas, Broccoli w/Ranch Dressing, Fruit, Milk		B = 489 Calories 2.0 g Sat. Fat  L = 622 Calories 5.8 g Sat. Fat