

**Ferris ISD**  
**High School Breakfast**  
**October 2018**

Sep 10, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Oct - 2 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Trix Peaches In Light Syrup Fruit Juice MILK - Variety	Oct - 3 SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Oct - 4 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Oct - 5 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety
Oct - 8 Fair Day NO SCHOOL TODAY	Oct - 9 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Froot Loops Craisins Fruit Juice MILK - Variety	Oct - 10 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Oranges Fruit Juice MILK - Variety	Oct - 11 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Froot Loops Pears~~~ Fruit Juice MILK - Variety	Oct - 12 SAUSAGE BISCUIT or Breakfast Bar or Wheat Bread Toast*** pc jelly!!! Cereal, CoCoa Puffs Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety
Oct - 15 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Trix Apples Fruit Juice MILK - Variety	Oct - 16 SAUSAGE BISCUIT or YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety	Oct - 17 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Rice Krispies Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety	Oct - 18 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Oct - 19 SAUSAGE BISCUIT or Eggo Mini Blueberry Pancakes Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, CoCoa Puffs Oranges Fruit Juice MILK - Variety
Oct - 22 NO SCHOOL TODAY TEACHER WORK DAY	Oct - 23 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Fruit Juice MILK - Variety	Oct - 24 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Oct - 25 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Oct - 26 SAUSAGE BISCUIT or Breakfast Bar or Wheat Bread Toast*** pc jelly!!! Cereal, CoCoa Puffs Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Ferris ISD**  
**High School Breakfast**  
**October 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 29  SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Trix Craisins Fruit Juice MILK - Variety	Oct - 30  SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Oct - 31  SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Pineapple Chunks~~~ Fruit Juice MILK - Variety		

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*