

Ferris ISD
High School Snack Line Menu
October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Cheese Bosco Stick Garden Salad Potato Stix fruit Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Fruit Juice MILK - Variety	Oct - 2 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** Ketchup/Mayo/Mustard fruit Fruit Juice MILK - Variety	Oct - 3 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ Garden Salad fruit Salsa pc cup Fruit Juice MILK - Variety	Oct - 4 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ fruit Ketchup/Mayo/Mustard Fruit Juice MILK - Variety	Oct - 5 Chicken Tamales Mexicali Corn*** Garden Salad fruit Salsa pc cup pc Ranch Dressing!!! Fruit Juice MILK - Variety
Oct - 8 Fair Day NO SCHOOL TODAY	Oct - 9 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** Ketchup/Mayo/Mustard fruit Fruit Juice MILK - Variety	Oct - 10 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ Garden Salad fruit Salsa pc cup Fruit Juice MILK - Variety	Oct - 11 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ fruit Ketchup/Mayo/Mustard Fruit Juice MILK - Variety	Oct - 12 Chicken Tamales Mexicali Corn*** Garden Salad fruit Salsa pc cup pc Ranch Dressing!!! Fruit Juice MILK - Variety
Oct - 15 Cheese Bosco Stick Garden Salad Potato Stix fruit Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Fruit Juice MILK - Variety	Oct - 16 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** Ketchup/Mayo/Mustard fruit Fruit Juice MILK - Variety	Oct - 17 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ Garden Salad fruit Salsa pc cup Fruit Juice MILK - Variety	Oct - 18 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ fruit Ketchup/Mayo/Mustard Fruit Juice MILK - Variety	Oct - 19 Chicken Tamales Mexicali Corn*** Garden Salad fruit Salsa pc cup pc Ranch Dressing!!! Fruit Juice MILK - Variety
Oct - 22 NO SCHOOL TODAY TEACHER WORK DAY	Oct - 23 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** Ketchup/Mayo/Mustard fruit Fruit Juice MILK - Variety	Oct - 24 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ Garden Salad fruit Salsa pc cup Fruit Juice MILK - Variety	Oct - 25 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ fruit Ketchup/Mayo/Mustard Fruit Juice MILK - Variety	Oct - 26 Chicken Tamales Mexicali Corn*** Garden Salad fruit Salsa pc cup pc Ranch Dressing!!! Fruit Juice MILK - Variety
Oct - 29 Cheese Bosco Stick Garden Salad Potato Stix fruit Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Fruit Juice MILK - Variety	Oct - 30 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** Ketchup/Mayo/Mustard fruit Fruit Juice MILK - Variety	Oct - 31 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ Garden Salad fruit Salsa pc cup 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.