

**Ferris ISD**  
**Ingram Elementary Breakfast**  
**October 2018**

Sep 10, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Eggo Maple Mini Panc Sliced Apples Milk 1% white~~~ + for Kindergarten 100% Grape Juice Milk Chocolate ff*** Milk strawberry FF***	Oct - 2 Sausage Biscuit Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice	Oct - 3 Aunt Jemima French Toast Stick Pears~~~ Milk 1% white~~~ + for Kindergarten Syrup!!! 100% Grape Juice Milk Chocolate ff*** Milk strawberry FF***	Oct - 4 Breakfast Pizza Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 5 Banana Muffin Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice
Oct - 8 Fair Day	Oct - 9 Morning Chicken Sand Blueberry Craisins Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 10 Wild Blueberry muffin Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice	Oct - 11 Pig in a Blanket Pears~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice	Oct - 12 Cinnamon Toast Crunc Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice
Oct - 15 Eggo Maple Mini Waffl Sliced Apples Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 16 YOGURT Applesauce Wheat Bread Toast*** Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice	Oct - 17 SAUSAGE BISCUIT Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice	Oct - 18 Mini Cinnis Pull-Apart Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 19 Eggo Mini Blueberry Pancakes Oranges Milk 1% white~~~ + for Kindergarten Syrup!!! Milk strawberry FF*** Milk Chocolate ff*** 100% Apple Juice
Oct - 22 NO SCHOOL TODAY TEACHER WORK DAY	Oct - 23 Pigs'n Flapjackets~~~ Craisins Milk 1% white~~~ + for Kindergarten Syrup!!! Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice	Oct - 24 Banana Muffin Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice	Oct - 25 Breakfast Pizza Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 26 Cinnamon Toast Crunc Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice
Oct - 29 Morning Chicken Sand Craisins Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice	Oct - 30 Pig in a Blanket Sliced Apples Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Grape Juice	Oct - 31 Mini Cinnis Pull-Apart Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** Milk strawberry FF*** 100% Orange Juice		

\*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.