

Ferris ISD
Ingram Elementary Lunch
October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Oct - 1 Mini Corn Dogs !!! Corn on Cob*** Ketchup, pc~~~ Mustard, pc~~~ Peaches~~~ Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff*** | Oct - 2 Nachos with Beef~~~ Refried Beans~~~ Pears~~~ Salsa*** Milk 1% white~~~ + for Kindergarten Spanish Rice Corn*** Milk Chocolate ff*** | Oct - 3 Steak Fingers!!! Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Oranges Milk 1% white~~~ + for Kindergarten Green Beans *** Milk Chocolate ff*** | Oct - 4 Sweet-n-Sour chicken Carrot Coins*** Applesauce Milk 1% white~~~ + for Kindergarten Broccoli Pieces pc Ranch Dressing!!! Milk Chocolate ff*** | Oct - 5 Big Daddy's Cheese Pi Ranch Beans~~~ Strawberry cup*** Milk 1% white~~~ + for Kindergarten Cheese Sauce~~~ 1 Broccoli *** Milk Chocolate ff*** |
| Oct - 8 Fair Day NO SCHOOL TODAY | Oct - 9 Beef and Bean Burrito Cheese pack Garden Salad Mexicali Corn*** Oranges Salsa*** Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** | Oct - 10 Chicken Tenders!!! Whipped Potatoes~~~~ Country Gravy- !!! Pears~~~ Milk 1% white~~~ + for Kindergarten Honey Wheat Roll Black Eye Peas-*** Milk Chocolate ff*** | Oct - 11 Baked Potato Soup Grilled Cheese Sandwi Broccoli Pieces Carrot Sticks*** pc Ranch Dressing!!! Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** | Oct - 12 Pepperoni Calzone-PK Ranch Beans~~~ Sliced Apples Milk 1% white~~~ + for Kindergarten Carrot Coins*** pk Milk Chocolate ff*** |
| Oct - 15 Rib Patty BUN, HOT DOG~~~ pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Applesauce-*** Milk 1% white~~~ + for Kindergarten Peas & Carrots*** Milk Chocolate ff*** | Oct - 16 Beef Taco~~~ Shred Cheese Taco trims*** Refried Beans~~~ Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Spanish Rice Milk Chocolate ff*** | Oct - 17 Salisbury Steak Brown Gravy Corn*** Honey Wheat Roll Pears~~~ Milk 1% white~~~ + for Kindergarten Whipped Potatoes~~~~ Milk Chocolate ff*** | Oct - 18 Chicken/ WWBun~~~ i Sandwich Trims Carrot Sticks*** Oranges Ketchup/Mayo/Mustard pc Ranch Dressing!!! Milk 1% white~~~ + for Kindergarten Celery Sticks*** Milk Chocolate ff*** | Oct - 19 Pepperoni Pizza Corn*** Sliced Apples Milk 1% white~~~ Broccoli Florets Cheese Sauce~~~ 1 Milk Chocolate ff*** |
| Oct - 22 NO SCHOOL TODAY TEACHER WORK DAY | Oct - 23 Nachos with Beef~~~ Refried Beans~~~ Pears~~~ Salsa*** Milk 1% white~~~ + for Kindergarten Corn*** Milk Chocolate ff*** | Oct - 24 Steak Fingers!!! Whipped Potatoes~~~~ Country Gravy- !!! Honey Wheat Roll Oranges Milk 1% white~~~ + for Kindergarten Corn on Cob*** Milk Chocolate ff*** | Oct - 25 Spag.&Meat Sauce ~~ Green Beans *** Applesauce-*** Milk 1% white~~~ + for Kindergarten Garden Salad pc Ranch Dressing!!! Bread Sticks-ww Milk Chocolate ff*** | Oct - 26 Hamburger~~~ pk Sandwich Trims Potato Puffs!!! Sliced Apples Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** |
| Oct - 29 Hot Dog on a Bun Ranch Beans~~~ Apples Mustard, pc~~~ Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Corn on Cob*** Milk Chocolate ff*** | Oct - 30 Beef Taco~~~ Shred Cheese Taco trims*** Refried Beans~~~ Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Spanish Rice Milk Chocolate ff*** | Oct - 31 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Oranges Milk 1% white~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff*** | | |

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.