

**Ferris ISD**  
Intermediate Breakfast  
October 2018

Sep 10, 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oct - 1 Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Oct - 2 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 French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Oct - 4 Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Oct - 5 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 Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Froot Loops Craisins Fruit Juice MILK - Variety	Oct - 10 Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Oranges Fruit Juice MILK - Variety	Oct - 11 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 Breakfast Bar or Wheat Bread Toast*** pc jelly!!! Cereal, CoCoa Puffs Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety
Oct - 15 Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Trix Apples Fruit Juice MILK - Variety	Oct - 16 YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety	Oct - 17 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 Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Oct - 19 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 Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Fruit Juice MILK - Variety	Oct - 24 Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Oct - 25 Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Oct - 26 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**  
Intermediate Breakfast  
October 2018

Sep 10, 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oct - 29  Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Trix Craisins Fruit Juice MILK - Variety	Oct - 30  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  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.