

**Ferris ISD**  
**Jr. High Breakfast**  
**October 2018**

Sep 10, 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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.**

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 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.*

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