

Ferris ISD

Jr. High Lunch Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 3" Macaroni & Cheese Mustard, pc~~~ Ketchup, pc~~~ Peach Cup Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 2 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Pear In Light Syrup Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 3 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Oranges Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 4 Sweet-N-Sour Chicken Carrot Coins*** Broccoli Pieces Minh Egg Roll (cn)!!! Oranges Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 5 Pepperoni Pizza!!! Ranch Beans~~~ Broccoli *** Cheese Sauce Strawberry cup*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Oct - 8 Fair Day NO SCHOOL TODAY	Oct - 9 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Oranges Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 10 Chicken Tenders-!!! Whipped Potatoes~~~~ Country Gravy-!!! Black Eye Peas-*** Honey Wheat Roll Pears~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 11 Baked Potato Soup Grilled Cheese Sandwi Broccoli Pieces Carrot Sticks*** pc Ranch Dressing!!! Applesauce Chef Salad Wheatworth Crackers MILK - Variety	Oct - 12 Pepperoni Calzone Marinara Sauce cups Ranch Beans~~~ Corn Cob 3" Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Oct - 15 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Peas & Carrots*** Applesauce-*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 16 Beef Taco~~~ Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Pineapple Chunks~~~ pc salsa Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 17 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Corn*** Honey Wheat Roll Pears~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 18 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces Oranges Ketchup/Mayo/Mustard Ranch Dressing~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 19 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Oct - 22 NO SCHOOL TODAY TEACHER WORK DAY	Oct - 23 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Pear In Light Syrup Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 24 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Oranges Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 25 Spag.&Meat Sauce ~~~ Mozzarella Cheese~~~ Green Beans *** Garden Salad Applesauce Bread Stick~~~ pc Ranch Dressing!!! Chef Salad Wheatworth Crackers MILK - Variety	Oct - 26 Cheeseburger~~~ Potato Stix Sandwich Trims Pineapple Tidbits In Natural Juice Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! 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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Oct - 29 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ Apples Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 30 Beef Taco~~~ Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Pineapple Tidbits In Natural Juice pc salsa Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Oct - 31 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Oranges Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety		

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