

Ferris ISD
High School Breakfast
March 2018

Feb 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Peaches In Light Syrup Fruit Juice MILK - Variety	Mar - 2 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Applesauce Fruit Juice MILK - Variety
Mar - 5 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Froot Loops Cereal, Honey Nut Cheerios Oranges Fruit Juice MILK - Variety	Mar - 6 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Apples Fruit Juice MILK - Variety	Mar - 7 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cereal, Trix Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Mar - 8 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, Rice Krispies Oranges Fruit Juice MILK - Variety	Mar - 9 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety
Mar - 12 YIPPEEE!!!!	Mar - 13 SPRING BREAK	Mar - 14 YIPPEEE!!!!	Mar - 15 SPRING BREAK	Mar - 16 YIPPEEE!!!!
Mar - 19 SAUSAGE BISCUIT or YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Applesauce Fruit Juice MILK - Variety	Mar - 20 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Peaches~~~ Fruit Juice MILK - Variety	Mar - 21 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Rice Krispies Cereal, Froot Loops Apples Fruit Juice MILK - Variety	Mar - 22 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety	Mar - 23 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Oranges Fruit Juice MILK - Variety
Mar - 26 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Applesauce-*** Fruit Juice MILK - Variety	Mar - 27 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Pear In Light Syrup Fruit Juice MILK - Variety	Mar - 28 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Trix Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety	Mar - 29 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs apples, canned sliced Fruit Juice MILK - Variety	Mar - 30 GOOD FRIDAY

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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