

Ferris ISD

High School Lunch Menu

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 2 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Peas & Carrots*** Applesauce-*** MILK - Variety Fruit Juice	Apr - 3 Fajita Tacos Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa MILK - Variety Fruit Juice	Apr - 4 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! English Peas *** Honey Wheat Roll Fruit Cocktail~~~ MILK - Variety Fruit Juice	Apr - 5 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad Pear In Light Syrup Bread Stick~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	Apr - 6 Pepperoni Calzone Marinara Sauce cups Garden Salad Corn Cob 2 each Sidekicks frozen juice MILK - Variety Fruit Juice
Apr - 9 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches In Light Syrup Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	Apr - 10 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	Apr - 11 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll Oranges MILK - Variety Fruit Juice	Apr - 12 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks Strawberry cup*** Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	Apr - 13 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Crainsins MILK - Variety Fruit Juice
Apr - 16 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Macaroni & Cheese Ketchup/Mustard Apples MILK - Variety Fruit Juice	Apr - 17 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Pear In Light Syrup Salsa*** MILK - Variety Fruit Juice	Apr - 18 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll apples, canned sliced MILK - Variety Fruit Juice	Apr - 19 Sweet-N-Sour Chicken Carrot Sticks*** Garden Salad Minh Egg Roll (cn)!!! Oranges pc Ranch Dressing!!! MILK - Variety Fruit Juice	Apr - 20 Chicken Tenders-!!! Corn Cob 2 each Carrot Coins*** Bread Sticks~~~ Fruit Cocktail~~~ MILK - Variety Fruit Juice
Apr - 23 Meatball Sub~~~ Garden Salad Potato Puffs!!! Apples ketchup pump pc Ranch Dressing!!! MILK - Variety Fruit Juice	Apr - 24 Taco Bowl Lettuce and Tomato*** Shred Cheese Refried Beans~~~ Spanish Rice Pears~~~ MILK - Variety Fruit Juice	Apr - 25 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Fruit Cocktail~~~ MILK - Variety Fruit Juice	Apr - 26 Chicken Parmesan*** Mozarella Cheese~~~ Bread Stick~~~ Garden Salad Green Beans *** Ranch Dressing~~~ Oranges MILK - Variety Fruit Juice	Apr - 27 Pepperoni Calzone Corn*** Broccoli Florets Cheese Sauce Crainsins MILK - Variety Fruit Juice
Apr - 30 Chicken Fries!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Peaches In Light Syrup MILK - Variety Fruit Juice				

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.