

Ferris ISD
Ingram Elementary Lunch
March 2018

Feb 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 Spag.&Meat Sauce ~~ Celery & Carrot Sticks pc Ranch Dressing!!! Mozarella Cheese~~~ Applesauce Milk 1% white~~~ + for Kindergarten Bread Stick~~~ Garden Salad Milk Chocolate ff***	Mar - 2 Fish Sticks~~~ Macaroni & Cheese~~ Sidekicks frozen juice Milk 1% white~~~ Ketchup, pc~~~ Tarter Sauce-PC~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff***
Mar - 5 Mini Corn Dogs !!! Corn on Cob*** Sliced Apples Milk 1% white~~~ Ketchup, pc~~~ Mustard, pc~~~ + for Kindergarten Baked Beans~~~ Milk Chocolate ff***	Mar - 6 Fajita Chicken Bowl*** Pinto Beans Romaine Lettuce Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Pico Milk Chocolate ff***	Mar - 7 Steak Fingers!!! Whipped Potatoes~~~~ Country Gravy- !!! Milk 1% white~~~ Bread Stick~~~ + for Kindergarten Carrot Coins*** Milk Chocolate ff***	Mar - 8 Sweet-n-Sour chicken Carrot Sticks*** Celery Sticks*** Pineapple Tidbits In Natural Juice Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	Mar - 9 Big Daddy's Cheese Pi Corn*** Milk 1% white~~~ Applesauce + for Kindergarten Broccoli *** Cheese Sauce Milk Chocolate ff***
Mar - 12 YIPPEEE!!!!	Mar - 13 SPRING BREAK	Mar - 14 YIPPEEE!!!!	Mar - 15 SPRING BREAK	Mar - 16 YIPPEEE!!!!
Mar - 19 Hot Dog on a Bun Potato Puffs!!! Peaches In Light Syrup Milk 1% white~~~ ketchup pump + for Kindergarten pc Ranch Dressing!!! Garden Salad Milk Chocolate ff***	Mar - 20 Beef Taco~~~ Shred Cheese Taco trims*** Refried Beans~~~ Sliced Apples Milk 1% white~~~ + for Kindergarten pc salsa Milk Chocolate ff***	Mar - 21 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Honey Wheat Roll Fruit Cocktail~~~ Milk 1% white~~~ + for Kindergarten Carrot Coins*** Milk Chocolate ff***	Mar - 22 Chicken/ WWBun~~~ i Sandwich Trims Ranch Beans~~~ Milk 1% white~~~ Oranges Ketchup/Mayo/Mustard + for Kindergarten Ranch Dressing~~~ Carrot Sticks*** Milk Chocolate ff***	Mar - 23 Grilled Cheese Sandwi Potato Puffs!!! Ketchup, pc~~~ Applesauce-*** Milk 1% white~~~ + for Kindergarten Carrot Coins*** Milk Chocolate ff***
Mar - 26 Steak Sandwich-ingra Sweet Potato Fries Pear In Light Syrup Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	Mar - 27 Nachos with Beef~~~ Refried Beans~~~ Milk 1% white~~~ Pineapple Chunks~~~ + for Kindergarten Garden Salad Salsa*** Milk Chocolate ff***	Mar - 28 Chicken Nuggets Whipped Potatoes~~~~ Country Gravy- !!! Sliced Apples Bread Sticks-ww Milk 1% white~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff***	Mar - 29 Chicken Parmesan*** Green Beans *** Bread Sticks-ww Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Carrot Sticks*** Ranch Dressing~~~ Milk Chocolate ff***	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.