

# Ferris ISD

## Ingram Elementary Lunch

### May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1  Taco Shells Beef Taco Meat~~~ Shred Cheese Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa Milk 1% white~~~ + for Kindergarten Spanish Rice Milk Chocolate ff***	May - 2  Chicken Nuggets Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Pears~~~ + for Kindergarten Black Eye Peas-*** Milk 1% white~~~ Milk Chocolate ff***	May - 3  Spaghetti *** With Meat Sauce~~~ Garden Salad Bread Sticks-ww Oranges salad dressing~~~ + for Kindergarten Milk 1% white~~~ Milk Chocolate ff***	May - 4  Hamburger~~~ Sandwich Trims Potato Puffs!!! Applesauce Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ + for Kindergarten Milk 1% white~~~ Milk Chocolate ff***
May - 7  Rib Patty BUN, HOT DOG~~~ pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Applesauce-*** + for Kindergarten Peas & Carrots*** Milk 1% white~~~ Milk Chocolate ff***	May - 8  Tostado Bowl Fajita Chicken Whole Grain Rice Pinto Beans Pico Pears~~~ + for Kindergarten Romaine Lettuce Milk 1% white~~~ Milk Chocolate ff***	May - 9  Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Honey Wheat Roll Fruit Cocktail~~~ + for Kindergarten Corn*** Milk 1% white~~~ Milk Chocolate ff***	May - 10  Chicken/ WWBun~~~ Sandwich Trims Ranch Beans~~~ Sliced Apples Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ pc Ranch Dressing!!! + for Kindergarten Milk 1% white~~~ Milk Chocolate ff***	May - 11  Pepperoni Pizza Corn*** Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten pc Ranch Dressing!!! Broccoli Florets Milk Chocolate ff***
May - 14  Mini Corn Dogs !!! Corn on Cob*** Ketchup, pc~~~ Mustard, pc~~~ Sliced Apples + for Kindergarten Garden Salad Milk 1% white~~~ Milk Chocolate ff***	May - 15  Beef Taco Meat~~~ Taco Shells Shred Cheese Taco trims*** Refried Beans~~~ Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	May - 16  Steak Fingers!!! Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Fruit Cocktail~~~ Milk 1% white~~~ + for Kindergarten Corn on Cob*** Milk Chocolate ff***	May - 17  Chicken Nuggets Whole Grain Rice Sweet N Sour Sauce Carrot Sticks*** Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Corn*** Milk Chocolate ff***	May - 18  Chicken Tenders-!!! Country Gravy- !!! Corn*** Bread Sticks-ww Strawberry cup*** Milk 1% white~~~ + for Kindergarten Ranch Beans~~~ Milk Chocolate ff***
May - 21  Steak Sandwich-ingra Sweet Potato Fries Applesauce Sandwich Trims PICKLES,DILL!!! PC Salad Dressing ~~ Ketchup, pc~~~ Mustard, pc~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	May - 22  Nacho Meat NACHO CHIPS 12# W Cheese Sauce Garden Salad Pear In Light Syrup Salsa*** pc Ranch Dressing!!! Milk 1% white~~~ Refried Beans~~~ Spanish Rice Milk Chocolate ff***	May - 23  Chicken Nuggets Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff***	May - 24  Chicken Nuggets Spaghetti *** Spaghetti Sauce ~~~ Green Beans *** Bread Sticks-ww Oranges Milk 1% white~~~ + for Kindergarten Ranch Dressing~~~ Carrot Sticks*** Milk Chocolate ff***	May - 25  Pepperoni Calzone-PK Corn*** Sidekicks frozen juice Milk 1% white~~~ + for Kindergarten Broccoli Florets Cheese Sauce Milk Chocolate ff***

\*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.

**Ferris ISD**  
**Ingram Elementary Lunch**  
**May 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
May - 28  ~~MEMORIAL DAY~~	May - 29  Beef and Bean Burrito Cheese Sauce Mexicali Corn*** Peaches In Light Syrup Salsa*** Milk 1% white~~~ + for Kindergarten Garden Salad pc Ranch Dressing!!! Milk Chocolate ff***	May - 30  ~Last Day of School~ Pepperoni Pizza Corn*** Sliced Apples Milk 1% white~~~ + for Kindergarten Broccoli *** Cheese Sauce Milk Chocolate ff***	May - 31  ~See You in August!~	

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