

**Ferris ISD**  
**Jr. High Lunch Menu**  
**August- September 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 20	Aug - 21	Aug - 22	Aug - 23	Aug - 24
		Chicken Fried Steak P Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Pepperoni Calzone Marinara Sauce cups Garden Salad Corn Cob 3" Sidekicks frozen juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Chicken Tenders-!!! Broccoli Florets Cheese Sauce Corn Cob 3" Bread Stick~~~ Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!
Aug - 27	Aug - 28	Aug - 29	Aug - 30	Aug - 31
Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 3" Macaroni & Cheese Mustard, pc~~~ Ketchup, pc~~~ Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Taco Shells Nacho Meat Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Pears~~~ pc salsa Milk 1% white~~~ Milk Chocolate f*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Carrot Coins*** Honey Wheat Roll Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces Pineapple Tidbits In Natural Juice Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ Ranch Dressing~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Pepperoni Pizza!!! Corn*** Broccoli *** Carrot Sticks*** Cheese Sauce Applesauce-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!
Sep - 3	Sep - 4	Sep - 5	Sep - 6	Sep - 7
LABOR DAY NO SCHOOL TODAY	Nacho Meat NACHO CHIPS 12# W Cheese Sauce Refried Beans~~~ Garden Salad Spanish Rice Pear In Light Syrup Salsa*** Milk 1% white~~~ Milk Chocolate f*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Spaghetti *** With Meat Sauce~~~ Carrot Sticks*** Celery Sticks*** Mozarella Cheese~~~ Garden Salad Applesauce Bread Stick~~~ pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers	Cheeseburger~~~ Potato Stix Sandwich Trims Pineapple Tidbits In Natural Juice Spinach*** Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!

\*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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 10 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Ranch Beans~~~ Applesauce-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 11 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Apples pc Ranch Dressing!!! Salsa*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers	Sep - 12 Chicken Strips Belgian Waffle Stix TriTaters Garden Salad Pears~~~ pc Ranch Dressing!!! Syrup!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers	Sep - 13 Chicken patty~~~ Spaghetti *** Spaghetti Sauce ~~~ Mozarella Cheese~~~ Bread Stick~~~ Garden Salad Green Beans *** Ranch Dressing~~~ Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 14 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Pineapple Chunks~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!
Sep - 17 Ball Park Hot Dog Hot Dog Bun Chili Shredded Cheese!!! Sweet Potato Gems Ranch Beans~~~ Oranges ketchup pump PC Salad Dressing ~- pc mustard Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 18 Chicken Fajita Tortilla, Whole Wheat Shred Cheese Taco trims*** Whole Grain Rice Refried Beans~~~ Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 19 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Pears~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 20 Cheese Pizza Wedge Garden Salad Broccoli *** Cheese Sauce Sidekicks frozen juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 21 Chicken Tenders-!!! Corn Cob 3" Carrot Coins*** Bread Stick~~~ Applesauce-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!
Sep - 24 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Pineapple Chunks~~~ Sandwich Trims PICKLES,DILL!!! PC Salad Dressing ~- Ketchup, pc~~~ Mustard, pc~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 25 Taco Shells Nacho Meat Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Pears~~~ pc salsa Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 26 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 27 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces Apples Ketchup, pc~~~ PC Salad Dressing ~- Mustard, pc~~~ Ranch Dressing~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 28 Chicken Fries!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Strawberry cup*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!

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