

Ferris ISD

Jr. High Lunch Menu

April 2018

Mar 23, 2018

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

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
Apr - 30 Chicken Fries!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Peaches In Light Syrup Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety				

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