

Ferris ISD

Jr. High Lunch Menu

March 2018

Feb 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad Applesauce Bread Stick~~~ pc Ranch Dressing!!! Chef Salad Wheatworth Crackers MILK - Variety	Mar - 2 Fish on WW Bun or Pepperoni Calzone Marinara Sauce cups Garden Salad Corn Cob 2 each Sidekicks frozen juice Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Mar - 5 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Macaroni & Cheese Ketchup/Mustard Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 6 Fajita Chicken Bowl*** Shred Cheese Pico Romaine Lettuce Pears~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 7 Chicken Fried Steak P Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Oranges Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 8 Sweet-N-Sour Chicken Celery & Carrot Sticks Minh Egg Roll (cn)!!! Pineapple Tidbits In Natural Juice Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 9 Fish on WW Bun or Cheeseburger~~~ Ranch Beans~~~ Garden Salad Applesauce pc Ranch Dressing!!! Fresh Onions Chef Salad Wheatworth Crackers MILK - Variety
Mar - 12 YIPPEEE!!!!	Mar - 13 SPRING BREAK	Mar - 14 YIPPEEE!!!!	Mar - 15 SPRING BREAK	Mar - 16 YIPPEEE!!!!
Mar - 19 Hot Dog on a Bun Chili Shred Cheese Garden Salad Potato Puffs!!! Peaches In Light Syrup ketchup pump pc Ranch Dressing!!! MILK - Variety	Mar - 20 Beef Taco~~~ Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Apples pc salsa MILK - Variety	Mar - 21 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Carrot Coins*** Honey Wheat Roll Fruit Cocktail~~~ MILK - Variety	Mar - 22 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces Oranges Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety	Mar - 23 Fish on WW Bun or Chicken Fries!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Applesauce MILK - Variety
Mar - 26 Steak Sandwich Sweet Potato Fries Pears~~~ Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 27 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Pineapple Chunks~~~ Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 28 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Mar - 29 Chicken Parmesan*** Mozarella Cheese~~~ Bread Stick~~~ Garden Salad Green Beans *** Ranch Dressing~~~ Peaches In Light Syrup Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	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.