

Ferris ISD
High School Breakfast
August - September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 20	Aug - 21	Aug - 22	Aug - 23	Aug - 24
		SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pear In Light Syrup Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Aug - 27	Aug - 28	Aug - 29	Aug - 30	Aug - 31
SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Apples 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Craisins 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Trix Cereal, Honey Nut Cheerios Pears~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Breakfast Bar or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Pineapple Tidbits In Natural Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 3	Sep - 4	Sep - 5	Sep - 6	Sep - 7
LABOR DAY NO SCHOOL TODAY	SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Applesauce Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cereal, Trix Cereal, CoCoa Puffs Pears~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Applesauce Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice

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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Sep - 10 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 11 SAUSAGE BISCUIT or YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Applesauce 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	Sep - 12 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Trix Cereal, Honey Nut Cheerios Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 13 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Pear In Light Syrup Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 14 SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Oranges 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***
Sep - 17 SAUSAGE BISCUIT or Breakfast Bar or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Pineapple Chunks~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 18 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Trix Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 19 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cereal, Rice Krispies Cereal, Cocoa Puffs*** Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 20 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Pears~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 21 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Craisins Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 24 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Applesauce-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 25 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Pineapple Chunks~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 26 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Pear In Light Syrup Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 27 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cereal, Rice Krispies Oranges Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 28 SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Craisins 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***

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