

Ferris ISD
High School Breakfast
February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Feb - 2 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Craisins Fruit Juice MILK - Variety
Feb - 5 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 6 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Apples Fruit Juice MILK - Variety	Feb - 7 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 8 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Applesauce Fruit Juice MILK - Variety	Feb - 9 SAUSAGE BISCUIT or Breakfast Sliders Cinnamon Toast Crunc Cereal, CoCoa Puffs Wheat Bread Toast*** pc jelly!!! Pear In Light Syrup Fruit Juice MILK - Variety
Feb - 12 SAUSAGE BISCUIT or Blueberry Bash Mini Waffles Syrup!!! or WWToast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety	Feb - 13 SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Applesauce Fruit Juice MILK - Variety	Feb - 14 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Feb - 15 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Craisins Fruit Juice MILK - Variety	Feb - 16 SAUSAGE BISCUIT or Eggo Choc. Chip Fren Toast Syrup!!! or WWToast*** pc jelly!!! Cereal, Golden Graha Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety
Feb - 19 Bad Weather Day/ Off	Feb - 20 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Pear In Light Syrup Fruit Juice MILK - Variety	Feb - 21 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 22 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Craisins Fruit Juice MILK - Variety	Feb - 23 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice 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.

Ferris ISD
High School Breakfast
February 2018

Jan 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 26 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast**** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 27 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Pear In Light Syrup Fruit Juice MILK - Variety	Feb - 28 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Oranges Fruit Juice 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.*

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