

Ferris ISD

High School Lunch Menu

February 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | Feb - 1 Baked Potato Soup Grilled Cheese Sandwi Broccoli Pieces Carrot Sticks*** pc Ranch Dressing!!! Craisins MILK - Variety Fruit Juice | Feb - 2 Pulled Pork Sandwich Ranch Beans~~~ Garden Salad Craisins pc Ranch Dressing!!! Fresh Onions MILK - Variety Fruit Juice |
| Feb - 5 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Macaroni & Cheese Mustard, pc~~~ Ketchup, pc~~~ Apples MILK - Variety Fruit Juice | Feb - 6 Fajita Tacos Shred Cheese Taco trims*** Whole Grain Rice Refried Beans~~~ Peaches In Light Syrup MILK - Variety Fruit Juice | Feb - 7 Oven Baked Chicken Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Applesauce Honey Wheat Roll MILK - Variety Fruit Juice | Feb - 8 Spag.&Meat Sauce ~- Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad Pear In Light Syrup Garlic Breadstick pc Ranch Dressing!!! MILK - Variety Fruit Juice | Feb - 9 Chicken Tenders-!!! Corn Cob 2 each Carrot Coins*** Honey Wheat Roll Pineapple Tidbits In Natural Juice MILK - Variety Fruit Juice |
| Feb - 12 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Peas & Carrots*** Applesauce-*** MILK - Variety Fruit Juice | Feb - 13 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Apples Salsa*** MILK - Variety Fruit Juice | Feb - 14 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Rosati Ice MILK - Variety Fruit Juice | Feb - 15 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli Pieces Fruit Cocktail~~~ Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice | Feb - 16 Fish on WW Bun or Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Peaches In Light Syrup MILK - Variety Fruit Juice |
| Feb - 19 Bad Weather Day/ Off | Feb - 20 Beef Taco~~~ Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa MILK - Variety Fruit Juice | Feb - 21 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Pear In Light Syrup MILK - Variety Fruit Juice | Feb - 22 Chicken Parmesan*** Garlic Breadstick Garden Salad Green Beans *** Ranch Dressing~~~ Oranges MILK - Variety Fruit Juice | Feb - 23 Fish on WW Bun or Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches In Light Syrup Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice |
| Feb - 26 Meatball Sub~~~ Garden Salad Potato Baker Pear In Light Syrup ketchup pump pc Ranch Dressing!!! MILK - Variety Fruit Juice | Feb - 27 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Oranges Salsa*** MILK - Variety Fruit Juice | Feb - 28 Chicken Strips Belgian Waffle Stix TriTaters Garden Salad Peaches In Light Syrup pc Ranch Dressing!!! Syrup!!! MILK - Variety Fruit 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.