

Ferris ISD
Ingram Elementary Lunch
February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 Baked Potato Soup Grilled Cheese Sandwi Apples Milk 1% white~~~ + for Kindergarten Broccoli Pieces Carrot Sticks*** Milk Chocolate ff***	Feb - 2 Hamburger~~~ Potato Stix Sandwich Trims Peaches In Light Syrup Milk 1% white~~~ Ketchup/Mayo/Mustard + for Kindergarten Spinach*** Milk Chocolate ff***
Feb - 5 Mini Corn Dogs !!! Corn on Cob*** Sliced Apples Milk 1% white~~~ Ketchup, pc~~~ Mustard, pc~~~ + for Kindergarten Baked Beans~~~ Milk Chocolate ff***	Feb - 6 Fajita Tacos Shred Cheese Refried Beans~~~ Peaches In Light Syrup Taco trims*** Milk 1% white~~~ + for Kindergarten Spanish Rice pc salsa Milk Chocolate ff***	Feb - 7 Chicken, oven baked** Whipped Potatoes~~~ Country Gravy- !!! Honey Wheat Roll Applesauce Milk 1% white~~~ + for Kindergarten Green Beans *** Milk Chocolate ff***	Feb - 8 Spag.&Meat Sauce ~- Celery & Carrot Sticks Mozarella Cheese~~~ Pear In Light Syrup pc Ranch Dressing!!! Milk 1% white~~~ + for Kindergarten Bread Stick~~~ Garden Salad Milk Chocolate ff***	Feb - 9 Chicken Tenders-!!! Country Gravy- !!! Ranch Beans~~~ Bread Sticks-ww Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Corn*** Milk Chocolate ff***
Feb - 12 Rib Patty BUN, HOT DOG~~~ pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Applesauce-*** Milk 1% white~~~ + for Kindergarten Peas & Carrots*** Milk Chocolate ff***	Feb - 13 Beef and Bean Burrito Garden Salad Apples Salsa*** Milk 1% white~~~ + for Kindergarten Mexicali Corn*** Milk Chocolate ff*** Milk strawberry FF***	Feb - 14 Steak Fingers!!! Whipped Potatoes~~~ Country Gravy- !!! Rosati Ice Milk 1% white~~~ + for Kindergarten Bread Sticks-ww Green Beans *** Milk Chocolate ff***	Feb - 15 Chicken/ WWBun~~~ i Sandwich Trims Celery & Carrot Sticks Fruit Cocktail~~~ Ketchup/Mayo/Mustard pc Ranch Dressing!!! + for Kindergarten Milk 1% white~~~ Milk Chocolate ff***	Feb - 16 Big Daddy's Cheese Pi Broccoli Pieces pc Ranch Dressing!!! Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Corn*** Milk Chocolate ff*** Milk strawberry FF***
Feb - 19 Bad Weather Day/ Off	Feb - 20 Beef Taco~~~ Taco trims*** Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Refried Beans~~~ Milk Chocolate ff*** Milk strawberry FF***	Feb - 21 Chicken Nuggets Whipped Potatoes~~~ Country Gravy- !!! Bread Sticks-ww Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff*** Milk strawberry FF***	Feb - 22 Chicken Parmesan*** Carrot Sticks*** Ranch Dressing~~~ Oranges Milk 1% white~~~ + for Kindergarten Green Beans *** Bread Sticks-ww Milk Chocolate ff*** Milk strawberry FF***	Feb - 23 Fish on WW Bun Sweet Potato Fries Peaches In Light Syrup PICKLES,DILL!!! Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Sandwich Trims Milk Chocolate ff*** Milk strawberry FF***

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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Feb - 26 Hot Dog on a Bun Potato Puffs!!! Pear In Light Syrup ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff*** Milk strawberry FF***	Feb - 27 Nachos with Beef~~~ Refried Beans~~~ Oranges Salsa*** Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff*** Milk strawberry FF***	Feb - 28 Chicken Strips Belgian Waffle Stix TriTaters Peaches In Light Syrup pc Ranch Dressing!!! Syrup!!! Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff*** Milk strawberry FF***		

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