

Ferris ISD

Jr. High 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 Chef Salad Wheatworth Crackers MILK - Variety	Feb - 2 Cheeseburger~~~ Potato Stix Sandwich Trims Pineapple Tidbits In Natural Juice Spinach*** Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Feb - 5 Mini Corn Dogs !!! Baked Beans~~~ Corn on Cob*** Macaroni & Cheese Ketchup/Mustard Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 6 Fajita Tacos Shred Cheese Taco trims*** Whole Grain Rice Refried Beans~~~ Peaches In Light Syrup Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Feb - 7 Oven Baked Chicken Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Applesauce Honey Wheat Roll Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 8 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad Pear In Light Syrup Garlic Breadstick pc Ranch Dressing!!! Chef Salad Wheatworth Crackers MILK - Variety	Feb - 9 Chicken Tenders-!!! Corn on Cob*** Carrot Coins*** Honey Wheat Roll Pineapple Tidbits In Natural Juice Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Feb - 12 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Peas & Carrots*** Applesauce-*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 13 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad pc Ranch Dressing!!! Mexicali Corn*** Apples Salsa*** Chef Salad Wheatworth Crackers MILK - Variety	Feb - 14 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Rosati Ice Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 15 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces Fruit Cocktail~~~ Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 16 Fish on WW Bun or Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Peaches In Light Syrup Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
Feb - 19 Bad Weather Day/ Off	Feb - 20 Beef Taco~~~ Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 21 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Pear In Light Syrup Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 22 Chicken Parmesan*** Garlic Breadstick Garden Salad Green Beans *** Ranch Dressing~~~ Oranges Chef Salad Wheatworth Crackers MILK - Variety	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 Chef Salad Wheatworth Crackers pc Ranch Dressing!!! 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
Jr. High Lunch Menu
February 2018

Jan 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 26 Chili Cheese Dog Sweet Potato Gems Ranch Beans~~~ Pear In Light Syrup Ketchup/Mayo/Mustard Chef Salad pc Ranch Dressing!!! Wheatworth Crackers MILK - Variety	Feb - 27 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Oranges Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	Feb - 28 Chicken Strips Belgian Waffle Stix TriTaters Garden Salad Peaches In Light Syrup pc Ranch Dressing!!! Syrup!!! Chef Salad Wheatworth Crackers MILK - Variety		

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