

Ferris ISD
High School Lunch
November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Chicken Parmesan Mozarella Cheese~~~ Bread Stick~~~ Garden Salad Green Beans *** Ranch Dressing~~~ Oranges MILK - Variety Fruit Juice	Nov - 2 Pepperoni Calzone Marinara Sauce cups Garden Salad Corn Cob 2 each Peaches In Light Syrup MILK - Variety Fruit Juice
Nov - 5 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Macaroni & Cheese Ketchup/Mustard Pears~~~ MILK - Variety Fruit Juice	Nov - 6 Fajita Chicken Bowl*** Rocking Pinto Beans Shred Cheese Pico Romaine Lettuce Peaches In Light Syrup MILK - Variety Fruit Juice	Nov - 7 Chicken Fried Steak P Whipped Potatoes~~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Oranges MILK - Variety Fruit Juice	Nov - 8 Baked Potato Soup Grilled Cheese Sandwi Broccoli/ carrot sticks pc Ranch Dressing!!! Apples MILK - Variety Fruit Juice	Nov - 9 Chili Cheese Fries Celery Sticks*** Broccoli Pieces Pineapple Tidbits In Natural Juice Tortilla, Whole Wheat MILK - Variety Fruit Juice
Nov - 12 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Apples Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	Nov - 13 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Pears~~~ Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 14 Turkey and Dressing Whipped Potatoes~~~~ CHICKEN GRAVY Green Beans *** CRANBERRY SAUCE Wheat Roll~~~ Fruit Cocktail~~~ BUTTER MILK - Variety Fruit Juice	Nov - 15 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks Craisins Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	Nov - 16 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Rosati Ice MILK - Variety Fruit Juice
Nov - 19 Thanksgiving Holiday	Nov - 20 Thanksgiving Holiday	Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday
Nov - 26 Meatball Sub~~~ Ranch Beans~~~ Potato Baker Oranges ketchup pump pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 27 Beef Taco~~~ Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa MILK - Variety Fruit Juice	Nov - 28 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Pears~~~ MILK - Variety Fruit Juice	Nov - 29 Spag.&Meat Sauce ~~ Peas & Carrots*** Mozarella Cheese~~~ Garden Salad Applesauce Bread Stick~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 30 TEACHER WORK DAY

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.