

Ferris ISD
Ingram Elementary Breakfast
November 2018

Oct 23, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Breakfast Burrito~~~ Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 2 Wild Blueberry muffin Craisins Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Apple Juice
Nov - 5 Pigs'n Flapjackets~~~ Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Syrup!!! Milk Chocolate ff*** 100% Apple Juice	Nov - 6 YOGURT Wheat Bread Toast*** Pear In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Apple Juice	Nov - 7 Mini Cinnis Pull-Apart Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 8 Breakfast Pizza Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 9 French Toast Sticks Sliced Apples Milk 1% white~~~ + for Kindergarten Syrup!!! 100% Grape Juice Milk Chocolate ff***
Nov - 12 Pig in a Blanket Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Grape Juice	Nov - 13 Pancakes~~~ Sliced Apples Milk 1% white~~~ + for Kindergarten Syrup!!! Milk Chocolate f*** 100% Apple Juice	Nov - 14 Banana Muffin Sliced Apples Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Grape Juice	Nov - 15 Breakfast Burrito~~~ Craisins Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 16 Sausage Biscuit Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Apple Juice
Nov - 19 Thanksgiving Holiday	Nov - 20 Thanksgiving Holiday	Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday
Nov - 26 Morning Chicken Sand Craisins Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 27 Wild Blueberry muffin Oranges Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Apple Juice	Nov - 28 Mini Cinnis Pull-Apart Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Orange Juice	Nov - 29 Pig in a Blanket Applesauce Milk 1% white~~~ + for Kindergarten Milk Chocolate ff*** 100% Grape 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.