

Ferris ISD

Ingram Elementary Lunch

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Chicken Parmesan Green Beans *** Oranges Milk 1% white~~~ + for Kindergarten Ranch Dressing~~~ Carrot Sticks*** Milk Chocolate ff***	Nov - 2 Pepperoni Calzone-PK Corn*** Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff*** pc Ranch Dressing!!!
Nov - 5 Mini Corn Dogs !!! Corn on Cob*** Ketchup/Mustard Pears~~~ Milk 1% white~~~ + for Kindergarten Baked Beans~~~ Milk Chocolate ff***	Nov - 6 Fajita Chicken Bowl*** Shred Cheese Pinto Beans Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff***	Nov - 7 Steak Fingers!!! Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Oranges Milk 1% white~~~ + for Kindergarten Green Beans *** Milk Chocolate ff***	Nov - 8 Baked Potato Soup Grilled Cheese Sandwi Broccoli Pieces pc Ranch Dressing!!! Sliced Apples Milk 1% white~~~ + for Kindergarten Carrot Sticks*** Milk Chocolate ff***	Nov - 9 Hamburger~~~ pk Potato Stix Sandwich Trims Ketchup/Mayo/Mustard Pineapple Chunks~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***
Nov - 12 Steak Sandwich Sweet Potato Fries Sliced Apples Sandwich Trims Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	Nov - 13 Beef and Bean Burrito Mexicali Corn*** Pears~~~ Salsa*** pc Ranch Dressing!!! Milk 1% white~~~ + for Kindergarten Garden Salad Milk Chocolate ff***	Nov - 14 Turkey and Dressing Whipped Potatoes~~~~ CHICKEN GRAVY Green Beans *** CRANBERRY SAUCE Wheat Roll~~~ BUTTER Fruit Cocktail~~~ Milk 1% white~~~ + for Kindergarten Milk Chocolate ff***	Nov - 15 Chicken/ WWBun~~~ i Sandwich Trims Ranch Beans~~~ Craisins Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten pc Ranch Dressing!!! Milk Chocolate ff***	Nov - 16 Pepperoni Pizza Corn*** Oranges Milk 1% white~~~ Cheese Sauce~~~ 1 Broccoli Florets Milk Chocolate ff***
Nov - 19 Thanksgiving Holiday	Nov - 20 Thanksgiving Holiday	Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday
Nov - 26 Mini Beef Hot Dog/Bun Ranch Beans~~~ Oranges Ketchup/Mayo/Mustard Milk 1% white~~~ + for Kindergarten Potato Puffs!!! Milk Chocolate ff***	Nov - 27 Beef Taco~~~ Cheese Sauce~~~ 1 Corn*** Peaches In Light Syrup Milk 1% white~~~ + for Kindergarten Salsa*** Refried Beans~~~ Milk Chocolate ff***	Nov - 28 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww Pears~~~ Milk 1% white~~~ + for Kindergarten Black Eye Peas-*** Milk Chocolate ff***	Nov - 29 Spag.&Meat Sauce ~~ Peas & Carrots*** Bread Sticks-ww Applesauce-*** Milk 1% white~~~ + for Kindergarten pc Ranch Dressing!!! Garden Salad Milk Chocolate ff***	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.