

# Ferris ISD

## Intermediate Breakfast

### November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Oranges Fruit Juice MILK - Variety	Nov - 2  Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Craisins Fruit Juice MILK - Variety
Nov - 5  Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Nov - 6  YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Nov - 7  Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Nov - 8  Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Nov - 9  French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety
Nov - 12  Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety	Nov - 13  Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Nov - 14  Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Nov - 15  Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Fruit Juice MILK - Variety	Nov - 16  French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Applesauce Fruit Juice MILK - Variety
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 or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Craisins Fruit Juice MILK - Variety	Nov - 27  Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Oranges Fruit Juice MILK - Variety	Nov - 28  Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Nov - 29  Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Applesauce Fruit Juice MILK - Variety	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.

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