

Ferris ISD
Jr. High Breakfast
November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Oranges Fruit Juice MILK - Variety	Nov - 2 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Craisins Fruit Juice MILK - Variety
Nov - 5 SAUSAGE BISCUIT or 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 SAUSAGE BISCUIT or YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Nov - 7 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Nov - 8 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety	Nov - 9 SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety
Nov - 12 SAUSAGE BISCUIT or 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 SAUSAGE BISCUIT or Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Nov - 14 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Pears~~~ Fruit Juice MILK - Variety	Nov - 15 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Fruit Juice MILK - Variety	Nov - 16 SAUSAGE BISCUIT or 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

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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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Craisins Fruit Juice MILK - Variety	Nov - 27 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Oranges Fruit Juice MILK - Variety	Nov - 28 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Nov - 29 SAUSAGE BISCUIT or 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.*

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