

Ferris ISD
High School Lunch Menu
August / September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 22 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Mustard, pc~~~ Ketchup, pc~~~ Raisins Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Aug - 23 Nacho Meat NACHO CHIPS 12# W Cheese Sauce Refried Beans~~~ GARDEN SALAD*** Spanish Rice Pear In Light Syrup Salsa*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Aug - 24 Chicken Fried Steak P Whipped Potatoes~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Peaches In Light Syrup Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Aug - 25 Spaghetti *** With Meat Sauce~~~ Carrot Sticks*** Celery Sticks*** Mozzarella Cheese~~~ GARDEN SALAD*** Craisins Strawberry Cheesy Garlic Breadsti pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Aug - 26 ChickenSticks!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Strawberry cup*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Aug - 29 Meatball Sub~~~ GARDEN SALAD*** Potato Puffs!!! APPLES,Fresh-*** ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice-***	Aug - 30 Tostada bowl Chicken Fajita *** Whole Grain Rice Pinto Beans*** Shred Cheese Pico Romaine Lettuce Peaches In Light Syrup 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	Aug - 31 Salisbury Steak Brown Gravy Whipped Potatoes~~~ Carrot Coins*** Honey Wheat Roll Fruit Cocktail~~~ 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	Sep - 1 Popcorn Chicken!!! Sweet N Sour Sauce Whole Grain Rice Carrot Sticks*** Celery Sticks*** Minh Egg Roll (cn)!!! Pineapple Tidbits In Natural Juice 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	Sep - 2 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce ORANGES*** Minh Egg Roll (cn)!!! Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 5 HOLIDAY	Sep - 6 Taco Shells Nacho Meat Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Pears~~~ pc salsa Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 7 CHICKEN & WAFFLE TriTaters GARDEN SALAD*** Strawberry cup*** pc Ranch Dressing!!! Syrup!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 8 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Carrot Sticks*** Broccoli Pieces APPLES,Fresh-*** Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ Ranch Dressing~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 9 Cheeseburger~~~ Potato Stix Sandwich Trims Spinach*** Pineapple Tidbits In Natural Juice Ketchup, pc~~~ PC Salad Dressing ~~ Mustard, pc~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice

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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Sep - 12 Chili Bowl ~~~ Shred Cheese Ranch Beans~~~ FRESH ONION Celery Sticks*** Carrot Sticks*** pc Ranch Dressing!!! Sliced Apples Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 13 Beef & Bean Burrito~~~ Cheese Sauce Spanish Rice GARDEN SALAD*** Mexicali Corn*** APPLES, Fresh-*** Salsa*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice pc Ranch Dressing!!!	Sep - 14 Steak Fingers!!! 4 Whipped Potatoes~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Fruit Cocktail~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 15 Chicken patty~~~ Spaghetti *** Spaghetti Sauce ~~~ Mozarella Cheese~~~ Cheesy Garlic Breadsti GARDEN SALAD*** Green Beans *** Ranch Dressing~~~ Pears~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 16 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce ORANGES*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 19 Chicken Tenders-!!! Corn Cob 2 each Carrot Coins*** Honey Wheat Roll Pineapple Tidbits In Natural Juice 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF***	Sep - 20 Beef Taco Meat~~~ Tostada bowl Lettuce and Tomato*** Shred Cheese Pinto Beans Spanish Rice Peaches In Light Syrup Milk 1% white~~~ Milk Chocolate f*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 21 Chicken Nugget !!! Whipped Potatoes~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Apricots *** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 22 Baked Potato Soup Grilled Cheese Sandwi Celery Sticks*** Carrot Sticks*** pc Ranch Dressing!!! APPLES, Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 23 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Apricots *** Sandwich Trims PICKLES, DILL!!! PC Salad Dressing ~~ Ketchup, pc~~~ Mustard, pc~~~ Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 26 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Mustard, pc~~~ Ketchup, pc~~~ Raisins Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 27 Nacho Meat NACHO CHIPS 12# W Cheese Sauce Refried Beans~~~ GARDEN SALAD*** Spanish Rice Pear In Light Syrup Salsa*** Milk 1% white~~~ Milk Chocolate f*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 28 Chicken Fried Steak P Whipped Potatoes~~~ Country Gravy- !!! Green Beans *** Honey Wheat Roll Peaches In Light Syrup Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 29 Spaghetti *** With Meat Sauce~~~ Carrot Sticks*** Celery Sticks*** Mozarella Cheese~~~ GARDEN SALAD*** Apricots *** Cheesy Garlic Breadsti pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice	Sep - 30 Chicken Sticks!!! Carrot Coins*** Potato Baker Ketchup, pc~~~ Honey Wheat Roll Strawberry cup*** Milk 1% white~~~ Milk Chocolate f*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice

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