

**Ferris ISD**  
**Jr. High Breakfast**  
**October 2017**

Sep 19, 2017

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oct - 2 SAUSAGE BISCUIT or YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Trix Fruit Mix, Dried Fruit Juice MILK - Variety	Oct - 3 SAUSAGE BISCUIT or Eggo Maple Mini Waffl or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Applesauce-*** Fruit Juice MILK - Variety	Oct - 4 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Apples Fruit Juice MILK - Variety	Oct - 5 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Strawberry cup*** Fruit Juice MILK - Variety	Oct - 6 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Oranges Fruit Juice MILK - Variety
Oct - 9 Fair Day	Oct - 10 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Pineapple Chunks~~~ Fruit Juice MILK - Variety	Oct - 11 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Fruit Mix, Dried Fruit Juice MILK - Variety	Oct - 12 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cereal, Rice Krispies Cereal, CoCoa Puffs Apples Fruit Juice MILK - Variety	Oct - 13 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Rice Krispies Cereal, Honey Nut Cheerios Oranges Fruit Juice MILK - Variety
Oct - 16 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Strawberry cup*** Fruit Juice MILK - Variety	Oct - 17 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Trix Peaches In Light Syrup Fruit Juice MILK - Variety	Oct - 18 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pear In Light Syrup Fruit Juice MILK - Variety	Oct - 19 SAUSAGE BISCUIT or Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, Froot Loops Oranges Fruit Juice MILK - Variety	Oct - 20 SAUSAGE BISCUIT or Breakfast Sliders Cereal, Froot Loops Cereal, Rice Krispies Wheat Bread Toast*** pc jelly!!! Apples Fruit Juice MILK - Variety

\*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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Oct - 23  SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Fruit Mix, Dried Fruit Juice MILK - Variety	Oct - 24  SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Applesauce Fruit Juice MILK - Variety	Oct - 25  SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Trix Cereal, Honey Nut Cheerios Grapes*** Fruit Juice MILK - Variety	Oct - 26  SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, Trix Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety	Oct - 27  SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Apples Fruit Juice MILK - Variety
Oct - 30  SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Rice Krispies Cereal, Honey Nut Cheerios Pears~~~ Fruit Juice MILK - Variety	Oct - 31  SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cereal, Rice Krispies Cereal, Trix Apples Fruit Juice MILK - Variety			

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