

Ferris ISD

High School Snack Line Menu

August & September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Aug - 22</p> <p>Cheese Bosco Stick GARDEN SALAD*** Potato Baker ORANGES*** Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice-***</p>	<p>Aug - 23</p> <p>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</p>	<p>Aug - 24</p> <p>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</p>	<p>Aug - 25</p> <p>Spaghetti *** With Meat Sauce~~~ Carrot Sticks*** Celery Sticks*** Mozarella 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</p>	<p>Aug - 26</p> <p>Chicken & Cheese Qu GARDEN SALAD*** SALSA CUP ORANGES*** pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice</p>
<p>Aug - 29</p> <p>Cheese Bosco Stick GARDEN SALAD*** Potato Baker ORANGES*** Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice-***</p>	<p>Aug - 30</p> <p>Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** ketchup pump PC Salad Dressing ~~ Mustard, pc~~~ APPLES,Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice</p>	<p>Aug - 31</p> <p>Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ GARDEN SALAD*** APPLES,Fresh-*** pc salsa Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice</p>	<p>Sep - 1</p> <p>Grilled Chicken patty Wheat Buns*** new 2. Pepper Jack Cheese Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** pc mustard Ketchup, pc~~~ PC Salad Dressing ~~ APPLES,Fresh-*** 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!</p>	<p>Sep - 2</p> <p>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</p>
<p>Sep - 5</p> <p>HOLIDAY</p>	<p>Sep - 6</p> <p>Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** ketchup pump PC Salad Dressing ~~ Mustard, pc~~~ APPLES,Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice</p>	<p>Sep - 7</p> <p>Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ GARDEN SALAD*** APPLES,Fresh-*** pc salsa Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice</p>	<p>Sep - 8</p> <p>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</p>	<p>Sep - 9</p> <p>Chicken & Cheese Qu GARDEN SALAD*** SALSA CUP ORANGES*** pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice</p>

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
Sep - 12 Cheese Bosco Stick GARDEN SALAD*** Potato Baker ORANGES*** Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice-***	Sep - 13 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** ketchup pump PC Salad Dressing ~~ Mustard, pc~~~ APPLES,Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice	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 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** ketchup pump PC Salad Dressing ~~ Mustard, pc~~~ APPLES,Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** 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 Grilled Chicken patty Wheat Buns*** new 2. Pepper Jack Cheese Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** pc mustard Ketchup, pc~~~ PC Salad Dressing ~~ APPLES,Fresh-*** 100% Apple Juice 100% Grape Juice 100% Orange Juice Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!!	Sep - 23 Chicken & Cheese Qu GARDEN SALAD*** SALSA CUP ORANGES*** pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice
Sep - 26 Cheese Bosco Stick GARDEN SALAD*** Potato Baker ORANGES*** Marinara Sauce cups ketchup pump pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice-***	Sep - 27 Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Carrot Sticks*** Celery Sticks*** ketchup pump PC Salad Dressing ~~ Mustard, pc~~~ APPLES,Fresh-*** Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice-*** 100% Grape Juice 100% Orange Juice	Sep - 28 Chicken Burrito Cheese Sauce~~~ 1 Refried Beans~~~ GARDEN SALAD*** APPLES,Fresh-*** pc salsa 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*** 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	Sep - 30 Chicken & Cheese Qu GARDEN SALAD*** SALSA CUP ORANGES*** pc Ranch Dressing!!! Milk 1% white~~~ Milk Chocolate ff*** Milk strawberry FF*** 100% Apple Juice 100% Grape Juice 100% Orange Juice

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