

Ferris ISD
Jr. High Breakfast
December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Applesauce Fruit Juice MILK - Variety	Dec - 2 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs APPLES,Fresh-*** Fruit Juice MILK - Variety
Dec - 5 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc ORANGES*** Fruit Juice MILK - Variety	Dec - 6 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Raisins Fruit Juice MILK - Variety	Dec - 7 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Pears~~~ Fruit Juice MILK - Variety	Dec - 8 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Peaches In Light Syrup Fruit Juice MILK - Variety	Dec - 9 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Strawberry Fruit Juice MILK - Variety
Dec - 12 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs ORANGES*** Fruit Juice MILK - Variety	Dec - 13 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha APPLES,Fresh-*** Fruit Juice MILK - Variety	Dec - 14 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Dec - 15 SAUSAGE BISCUIT or Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Fruit Cocktail~~~ Fruit Juice MILK - Variety	Dec - 16 SAUSAGE BISCUIT or Breakfast Sliders Cinnamon Toast Crunc Cereal, CoCoa Puffs Wheat Bread Toast*** pc jelly!!! Pineapple Chunks~~~ Fruit Juice MILK - Variety
Dec - 19 SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs ORANGES*** Fruit Juice MILK - Variety	Dec - 20 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc APPLES,Fresh-*** Fruit Juice MILK - Variety	Dec - 21 Christmas Break	Dec - 22 Christmas Break	Dec - 23 Christmas Break

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.

Ferris ISD
Jr. High Breakfast
December 2016

Nov 18, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 26	Dec - 27	Dec - 28	Dec - 29	Dec - 30
Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break

**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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