

**Ferris ISD**  
**High School Breakfast**  
**August- September 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 23 SAUSAGE BISCUIT or WWToast*** pc jelly!!! Cereal, Trix Cinnamon Toast Crunc Pineapple Tidbits In Natural Juice Fruit Juice MILK - Variety	Aug - 24 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety	Aug - 25 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Froot Loops Cinnamon Toast Crunc Craisins Strawberry Fruit Juice MILK - Variety
Aug - 28 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Strawberry cup*** Fruit Juice MILK - Variety	Aug - 29 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Applesauce-*** Fruit Juice MILK - Variety	Aug - 30 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety	Aug - 31 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Cherry Craisins Fruit Juice MILK - Variety	Sep - 1 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Apples Fruit Juice MILK - Variety
Sep - 4 LABOR DAY	Sep - 5 SAUSAGE BISCUIT or Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Oranges Fruit Juice MILK - Variety	Sep - 6 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Apples Fruit Juice MILK - Variety	Sep - 7 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Fruit Cocktail ~~~ Fruit Juice MILK - Variety	Sep - 8 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Oranges Fruit Juice MILK - Variety
Sep - 11 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Apples Fruit Juice MILK - Variety	Sep - 12 SAUSAGE BISCUIT or Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Raisins Fruit Juice MILK - Variety	Sep - 13 SAUSAGE BISCUIT or Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Pears~~~ Fruit Juice MILK - Variety	Sep - 14 SAUSAGE BISCUIT or Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Blueberry Craisins Fruit Juice MILK - Variety	Sep - 15 SAUSAGE BISCUIT or Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Oranges 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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 18 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	Sep - 19 SAUSAGE BISCUIT or Banana Muffin or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Golden Graha Apples Fruit Juice MILK - Variety	Sep - 20 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	Sep - 21 SAUSAGE BISCUIT or Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Fruit Cocktail~~~ Fruit Juice MILK - Variety	Sep - 22 SAUSAGE BISCUIT or Breakfast Sliders Cinnamon Toast Crunc Cereal, CoCoa Puffs Wheat Bread Toast*** pc jelly!!! Apples Fruit Juice MILK - Variety
Sep - 25 SAUSAGE BISCUIT or Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Craisins Strawberry Fruit Juice MILK - Variety	Sep - 26 SAUSAGE BISCUIT or Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pineapple Chunks~~~ Fruit Juice MILK - Variety	Sep - 27 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Honey Nut Cheerios Pears~~~ Fruit Juice MILK - Variety	Sep - 28 SAUSAGE BISCUIT or Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety	Sep - 29 SAUSAGE BISCUIT or Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Craisins Fruit Juice MILK - Variety

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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