

Ferris ISD

Intermediate Breakfast Menu

February 2017

Jan 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs APPLES,Fresh-*** Fruit Juice MILK - Variety	Feb - 2 Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Fruit Cocktail~~~ Fruit Juice MILK - Variety	Feb - 3 Pancakes Wheat Bread Toast*** pc jelly!!! Syrup!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pears~~~ Fruit Juice MILK - Variety
Feb - 6 Eggo Maple Mini Panc Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 7 Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** pc jelly!!! Cereal, Golden Graha Cereal, Trix APPLES,Fresh-*** Fruit Juice MILK - Variety	Feb - 8 Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs Pear In Light Syrup Fruit Juice MILK - Variety	Feb - 9 Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Fruit Cocktail~~~ Fruit Juice MILK - Variety	Feb - 10 Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc Pineapple Tidbits In Natural Juice Fruit Juice MILK - Variety
Feb - 13 Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Rice Krispies Cherry Craisins Fruit Juice MILK - Variety	Feb - 14 Wild Blueberry muffin or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Cocoa Puffs*** Raisins Fruit Juice MILK - Variety	Feb - 15 Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** pc jelly!!! Cinnamon Toast Crunc Cereal, CoCoa Puffs Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 16 Cinnamon Roll or CHEESE TOAST Cinnamon Toast Crunc Cereal, CoCoa Puffs Applesauce Fruit Juice MILK - Variety	Feb - 17 Pig in a Blanket Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** pc jelly!!! Cereal, Froot Loops Cereal, Honey Nut Cheerios Craisins Fruit Juice MILK - Variety
Feb - 20 Holiday Presidents' Day	Feb - 21 YOGURT Cheese Stick WWToast*** pc jelly!!! or Cinnamon Toast Crunc Cereal, Golden Graha ORANGES*** Fruit Juice MILK - Variety	Feb - 22 Eggo Maple Mini Waffl Syrup!!! or WWToast*** pc jelly!!! Cinnamon Toast Crunc Cereal, Honey Nut Cheerios Pear In Light Syrup Fruit Juice MILK - Variety	Feb - 23 Breakfast Pizza or CHEESE TOAST Cereal, CoCoa Puffs Cinnamon Toast Crunc Peaches In Light Syrup Fruit Juice MILK - Variety	Feb - 24 Aunt Jemima French Toast Stick Syrup!!! or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cereal, CoCoa Puffs APPLES,Fresh-*** 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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Feb - 27 Breakfast Donut Stick or WWToast*** pc jelly!!! Cereal, Honey Nut Cheerios Cinnamon Toast Crunc ORANGES*** Fruit Juice MILK - Variety	Feb - 28 Morning Chicken Sand or CHEESE TOAST Cereal, Golden Graha Cereal, Honey Nut Cheerios Peaches In Light Syrup 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.*

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