

# Ferris ISD

## High School Lunch

### May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each *** Macaroni & Cheese Ketchup/Mustard Apples MILK - Variety Fruit Juice	May - 2 Nachos with Beef~~~ Refried Beans~~~ Garden Salad *** Spanish Rice Pear In Light Syrup *** Salsa*** MILK - Variety Fruit Juice	May - 3 Bacon/Egg Scramble TriTaters Tortilla, Whole Wheat Country Gravy-!!! Refried Beans~~~ pc jelly!!! PC Butter Applesauce *** MILK - Variety Fruit Juice	May - 4 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad *** Mixed Berry cup Bread Sticks~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 5 Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn Cob 2 each *** Sidekicks frozen juice ! MILK - Variety Fruit Juice
May - 8 Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Pear In Light Syrup *** Marinara Sauce cups** Ketchup, pc~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 9 Beef Tacos Shred Cheese ~~~ Spanish Rice Taco trims*** Pinto Beans*** Peaches *** pc salsa MILK - Variety Fruit Juice	May - 10 Steak Fingers ~~~ Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll *** BANANAS-*** MILK - Variety Fruit Juice	May - 11 Baked Potato Soup Grilled Cheese Sandwi Broccoli/ carrot sticks * pc Ranch Dressing!!! Apples MILK - Variety Fruit Juice	May - 12 Chicken Tenders~~~~ Corn Cob 2 each *** Carrot Coins*** Bread Stick~~~ Fruit Cocktail~~~ MILK - Variety Fruit Juice
May - 15 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches *** Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	May - 16 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad *** Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 17 Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll *** Oranges *** MILK - Variety Fruit Juice	May - 18 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks * Applesauce *** Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	May - 19 Cheeseburger~~~ Potato Stix ~~~ Sandwich Trims Mixed Berry cup Ketchup/Mayo/Mustard MILK - Variety Fruit Juice
May - 22 Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Strawberry cup*** Marinara Sauce cups** Ketchup, pc~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 23 Beef Tacos Shred Cheese ~~~ Spanish Rice Taco trims*** Pinto Beans*** Peaches *** pc salsa MILK - Variety Fruit Juice	May - 24 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll *** Pears~~~ MILK - Variety Fruit Juice	May - 25 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad *** Oranges *** Bread Sticks~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 26 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Applesauce *** MILK - Variety Fruit Juice
May - 29 MEMORIAL DAY NO SCHOOL TODAY	May - 30 Summer School Starts	May - 31		

\*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.