

**Ferris ISD**  
**High School Line 3**  
**November 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Nov - 2 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 3 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 4 BBQ on a bun Potato Stix ~~~ Carrot Sticks*** Garden Salad *** Peaches *** pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety
Nov - 7 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 8 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Nov - 9 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 10 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 11 Baked Potato Lunch fruit Celery & Carrot Sticks Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety
Nov - 14 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 15 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Nov - 16 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 17 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Nov - 18 BBQ on a bun Potato Stix ~~~ Carrot Sticks*** Garden Salad *** Peaches *** pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety
Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday	Nov - 24 Thanksgiving Holiday	Nov - 25 Thanksgiving Holiday
Nov - 28 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Fruit Juice MILK - Variety	Nov - 29 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Nov - 30 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers 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.**