

Ferris ISD

High School Lunch

November 2022

Oct 14, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 Nachos with Beef~~~ Refried Beans~~~ Garden Salad *** Spanish Rice Pear In Light Syrup *** Salsa*** MILK - Variety Fruit Juice	Nov - 2 Steak Fingers ~~~ Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll *** Fruit Cocktail~~~ MILK - Variety Fruit Juice	Nov - 3 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad *** Applesauce *** Bread Sticks~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 4 Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn Cob 2 each *** Sidekicks frozen juice ! MILK - Variety Fruit Juice
Nov - 7 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches *** Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	Nov - 8 Beef Tacos Shred Cheese ~~~ Spanish Rice Taco trims*** Refried Beans~~~ Pear In Light Syrup *** pc salsa MILK - Variety Fruit Juice	Nov - 9 Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll *** Oranges *** MILK - Variety Fruit Juice	Nov - 10 Baked Potato Soup Grilled Cheese Sandwi Broccoli/ carrot sticks * pc Ranch Dressing!!! Apples MILK - Variety Fruit Juice	Nov - 11 Chicken Tenders~~~~ Corn Cob 2 each *** Carrot Coins*** Bread Stick~~~ Applesauce *** MILK - Variety Fruit Juice
Nov - 14 Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Oranges *** Marinara Sauce cups** Ketchup, pc~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 15 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad *** Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	Nov - 16 Turkey and Dressing Whipped Potatoes~~~~ CHICKEN GRAVY Green Beans *** CRANBERRY SAUCE Wheat Roll~~~ Fruit Cocktail~~~ BUTTER MILK - Variety Fruit Juice	Nov - 17 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks * Peaches *** Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	Nov - 18 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Fruit Cocktail~~~ MILK - Variety Fruit Juice
Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday	Nov - 24 Thanksgiving Holiday	Nov - 25 Thanksgiving Holiday
Nov - 28 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each *** Macaroni & Cheese Ketchup/Mustard Apples MILK - Variety Fruit Juice	Nov - 29 Nachos with Beef~~~ Refried Beans~~~ Garden Salad *** Spanish Rice Pear In Light Syrup *** Salsa*** MILK - Variety Fruit Juice	Nov - 30 Steak Fingers ~~~ Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll *** Fruit Cocktail~~~ MILK - Variety Fruit Juice		

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.