

# Ferris ISD

## Jr. High Lunch Menu

### November 2022

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