

**Ferris ISD**  
**Jr. High Breakfast**  
**November 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Apples Fruit Juice MILK - Variety	Nov - 2 SAUSAGE BISCUIT or Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Pears~~~ Fruit Juice MILK - Variety	Nov - 3 SAUSAGE BISCUIT or Waffles~~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Fruit Cocktail~~~ Fruit Juice MILK - Variety	Nov - 4 SAUSAGE BISCUIT or Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Applesauce *** Fruit Juice MILK - Variety
Nov - 7 SAUSAGE BISCUIT or Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Craisins *** Fruit Juice MILK - Variety	Nov - 8 SAUSAGE BISCUIT or French Toast Sticks Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety	Nov - 9 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety	Nov - 10 SAUSAGE BISCUIT or Biscuit !!! Bacon/Egg Scramble Country Gravy-!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Oranges *** Fruit Juice MILK - Variety	Nov - 11 SAUSAGE BISCUIT or Eggo Maple Mini Pancakes *** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Apples Fruit Juice MILK - Variety
Nov - 14 SAUSAGE BISCUIT or Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Applesauce *** Fruit Juice MILK - Variety	Nov - 15 SAUSAGE BISCUIT or Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal Oranges *** Fruit Juice MILK - Variety	Nov - 16 SAUSAGE BISCUIT or Bluberry Muffin *** or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Apples Fruit Juice MILK - Variety	Nov - 17 SAUSAGE BISCUIT or Cinnamon Roll or Wheat Bread Toast*** Assorted Cereal Craisins *** Fruit Juice MILK - Variety	Nov - 18 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** 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 SAUSAGE BISCUIT or Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Fruit Cocktail~~~ Fruit Juice MILK - Variety	Nov - 29 SAUSAGE BISCUIT or Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal Apples Fruit Juice MILK - Variety	Nov - 30 SAUSAGE BISCUIT or Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ 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.**