

# Ferris ISD

## Ingram Elementary Lunch

### November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1  Nachos with Beef~~~ Corn*** Pears~~~ Milk 1% white *** + for Kindergarten Salsa*** Refried Beans~~~ Milk Chocolate ff***	Nov - 2  Steak Fingers~~~ Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww *** Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Green Beans *** Milk Chocolate ff***	Nov - 3  Spag.&Meat Sauce ~~ Celery & Carrot Sticks Bread Sticks-ww *** Applesauce-*** Milk 1% white *** + for Kindergarten pc Ranch Dressing!!! Garden Salad *** Milk Chocolate ff***	Nov - 4  Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn*** Sidekicks frozen juice ! Milk 1% white *** + for Kindergarten Milk Chocolate ff***
Nov - 7  Steak Patty !!! Wheat Buns*** new 2. Sweet Potato Fries *** Peaches *** Sandwich Trims *** Ketchup/Mayo/Mustard Milk 1% white *** + for Kindergarten Milk Chocolate ff***	Nov - 8  Beef Tacos Shred Cheese ~~~ Taco trims*** Refried Beans~~~ Pears~~~ Milk 1% white *** + for Kindergarten Spanish Rice *** Milk Chocolate ff***	Nov - 9  Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes~~~~ Oranges *** Honey Wheat Roll *** Milk 1% white *** + for Kindergarten Carrot Coins*** Milk Chocolate ff***	Nov - 10  Baked Potato Soup *** Grilled Cheese ~~~ Broccoli Pieces Carrot Sticks*** Apples Milk 1% white *** + for Kindergarten Milk Chocolate ff***	Nov - 11  Chicken Tenders~~~~ Ranch Beans~~~ Bread Sticks-ww *** Applesauce-*** Milk 1% white *** + for Kindergarten Corn Cob 3" *** Milk Chocolate ff***
Nov - 14  Cheese Bosco Stick pk Ranch Beans~~~ Garden Salad *** Marinara Sauce cups** Oranges *** pc Ranch Dressing!!! Milk 1% white *** + for Kindergarten Milk Chocolate ff***	Nov - 15  Turkey and Dressing Whipped Potatoes~~~~ CHICKEN GRAVY Green Beans *** CRANBERRY SAUCE Wheat Roll~~~ Fruit Cocktail~~~ BUTTER Milk 1% white *** Milk Chocolate ff***	Nov - 16  Beef and Bean Burrito Garden Salad *** Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! Milk 1% white *** + for Kindergarten Milk Chocolate ff***	Nov - 17  Chicken Patty/ Bun~~~ Sandwich Trims *** Ranch Beans~~~ Apples Ketchup/Mayo/Mustard Milk 1% white *** + for Kindergarten pc Ranch Dressing!!! Milk Chocolate ff***	Nov - 18  Pepperoni Pizza !!! Corn*** Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Cheese sauce bag Broccoli Florets *** Milk Chocolate ff***
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 !!! Corn on Cob*** Ketchup/Mustard Apples Milk 1% white *** + for Kindergarten Baked Beans~~~ Milk Chocolate ff***	Nov - 29  Nachos with Beef~~~ Corn*** Pears~~~ Milk 1% white *** + for Kindergarten Salsa*** Refried Beans~~~ Milk Chocolate ff***	Nov - 30  Steak Fingers~~~ Whipped Potatoes~~~~ Country Gravy- !!! Bread Sticks-ww *** Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Green Beans *** Milk Chocolate ff***		

\*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.