

# Ferris ISD

## Ingram Elementary Breakfast

### November 2022

Oct 14, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 Pigs'n Flapjackets~~~ Apples Milk 1% white *** + for Kindergarten Syrup!!! Milk Chocolate ff*** 100% Apple Juice ~~~	Nov - 2 Chicken Sandwich *** Pineapple Chunks~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 3 Waffles~~~~ Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Grape Juice ~~~	Nov - 4 Cinnamon French Toa pork sausage patty-co Applesauce *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~
Nov - 7 Pig in a Blanket *** Craisins *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Grape Juice ~~~	Nov - 8 French Toast Sticks Syrup!!! Peaches *** Milk 1% white *** + for Kindergarten 100% Grape Juice ~~~ Milk Chocolate ff***	Nov - 9 Breakfast Burrito~~~ Pears~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 10 Egg Scramble w/ Turkey bacon ~~~ Biscuit !!! Oranges *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Apple Juice ~~~	Nov - 11 Eggo Maple Mini Pancakes *** Apples Milk 1% white *** + for Kindergarten 100% Orange Juice ~~ Milk Chocolate ff***
Nov - 14 Chicken Sandwich *** Applesauce *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 15 Bluberry Muffin *** Oranges *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Apple Juice ~~~	Nov - 16 Breakfast Pizza ~~~ Apples Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 17 Cinnamon Roll Craisins *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 18 Pigs'n Flapjackets~~~ Peaches *** Milk 1% white *** + for Kindergarten Syrup!!! Milk Chocolate ff*** 100% Apple Juice ~~~
Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday	Nov - 24 Thanksgiving Holiday	Nov - 25 Thanksgiving Holiday
Nov - 28 Cinnamon French Toa pork sausage patty-co Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 29 Breakfast Pizza ~~~ Apples Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Nov - 30 Pig in a Blanket *** Pears~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Grape 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.