

Ferris ISD
Lee Longino Breakfast
November 2022

Oct 14, 2022

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