

Ferris ISD
High School Line 3
March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 2 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 3 Baked Potato Lunch fruit Celery & Carrot Sticks Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety
Mar - 6 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 7 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Mar - 8 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 9 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 10 BBQ on a bun Potato Stix ~~~ Carrot Sticks*** Garden Salad *** Peaches *** pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety
Mar - 13 SPRING BREAK NO SCHOOL TODAY	Mar - 14 SPRING BREAK YIPPEEE!!!!	Mar - 15 SPRING BREAK NO SCHOOL TODAY	Mar - 16 SPRING BREAK YIPPEEE!!!!	Mar - 17 SPRING BREAK NO SCHOOL TODAY
Mar - 20 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 21 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Mar - 22 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 23 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 24 Baked Potato Lunch fruit Celery & Carrot Sticks Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety
Mar - 27 Chicken Tamales Mexicali Corn*** Garden Salad *** fruit Salsa pc cup pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 28 Hot and Spicy Chicken Bread Stick~~~ Garden Salad *** Potato Puffs!!! fruit Chef Salad Wheatworth Crackers pc Ranch Dressing!!! Fruit Juice MILK - Variety	Mar - 29 Cheese Pizza Wedge Garden Salad *** Celery & Carrot Sticks fruit pc Ranch Dressing!!! Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 30 Taco Snack Rocking Pinto Beans Celery & Carrot Sticks pc Ranch Dressing!!! fruit Chef Salad Wheatworth Crackers Fruit Juice MILK - Variety	Mar - 31 BBQ on a bun Potato Stix ~~~ Carrot Sticks*** Garden Salad *** Peaches *** pc Ranch Dressing!!! Chef Salad Wheatworth Crackers 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.