

# Ferris ISD

## High School Lunch

### March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1  Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll *** Pears~~~ MILK - Variety Fruit Juice	Mar - 2  Chicken Parmesan Spaghetti Sauce ~~~ Mozarella Cheese~~~ Bread Stick~~~ Garden Salad *** Green Beans *** Ranch Dressing~~~ Oranges *** MILK - Variety Fruit Juice	Mar - 3  Fish on WW Bun or Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn Cob 2 each *** Sidekicks frozen juice ! MILK - Variety Fruit Juice
Mar - 6  Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches *** Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	Mar - 7  Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad *** Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	Mar - 8  Steak Fingers ~~~ Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll *** BANANAS-*** MILK - Variety Fruit Juice	Mar - 9  Baked Potato Soup Grilled Cheese Sandwi Broccoli/ carrot sticks * pc Ranch Dressing!!! Strawberry cup*** MILK - Variety Fruit Juice	Mar - 10  Fish on WW Bun or Chicken Tenders~~~~ Corn Cob 2 each *** Carrot Coins*** Bread Stick~~~ Fruit Cocktail~~~ MILK - Variety Fruit Juice
Mar - 13  SPRING BREAK NO SCHOOL TODAY	Mar - 14  SPRING BREAK NO SCHOOL TODAY	Mar - 15  SPRING BREAK NO SCHOOL TODAY	Mar - 16  SPRING BREAK NO SCHOOL TODAY	Mar - 17  SPRING BREAK NO SCHOOL TODAY
Mar - 20  Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each *** Macaroni & Cheese Ketchup/Mustard Apples MILK - Variety Fruit Juice	Mar - 21  Nachos with Beef~~~ Refried Beans~~~ Garden Salad *** Spanish Rice Pear In Light Syrup *** Salsa*** MILK - Variety Fruit Juice	Mar - 22  Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll *** Oranges *** MILK - Variety Fruit Juice	Mar - 23  Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks * Peach Cup Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	Mar - 24  Fish on WW Bun or Cheeseburger~~~ Sandwich Trims PICKLES,DILL!!! Potato Puffs!!! Ketchup/Mayo/Mustard Mixed Berry cup MILK - Variety Fruit Juice
Mar - 27  Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Peach Cup Marinara Sauce cups** pc Ranch Dressing!!! MILK - Variety Fruit Juice	Mar - 28  Nacho Meat Shred Cheese ~~~ Spanish Rice Taco trims*** Pinto Beans*** Strawberry cup*** pc salsa MILK - Variety Fruit Juice	Mar - 29  Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll *** Pears~~~ MILK - Variety Fruit Juice	Mar - 30  Sweet-N-Sour Chicken ~~~ Broccoli/Carrot /Celery Green Peas Oranges *** MILK - Variety Fruit Juice	Mar - 31  Fish on WW Bun or Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Applesauce *** MILK - Variety Fruit 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.