

Ferris ISD

High School Breakfast

March 2023

Feb 9, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety	Mar - 2 SAUSAGE BISCUIT or Eggo Maple Mini Waffles *** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety	Mar - 3 SAUSAGE BISCUIT or Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Oranges *** Fruit Juice MILK - Variety
Mar - 6 SAUSAGE BISCUIT or Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Craisins *** Fruit Juice MILK - Variety	Mar - 7 SAUSAGE BISCUIT or Pancakes*** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety	Mar - 8 SAUSAGE BISCUIT or Cinnamon Roll or Wheat Bread Toast*** Assorted Cereal Apples Fruit Juice MILK - Variety	Mar - 9 SAUSAGE BISCUIT or Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal BANANAS-*** Fruit Juice MILK - Variety	Mar - 10 SAUSAGE BISCUIT or Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Strawberry cup*** 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 SAUSAGE BISCUIT or Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Craisins *** Fruit Juice MILK - Variety	Mar - 21 SAUSAGE BISCUIT or Blueberry Bash Mini Waffles Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Apples Fruit Juice MILK - Variety	Mar - 22 SAUSAGE BISCUIT or Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety	Mar - 23 SAUSAGE BISCUIT or Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Oranges *** Fruit Juice MILK - Variety	Mar - 24 SAUSAGE BISCUIT or Eggo Maple Mini Pancakes *** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety
Mar - 27 SAUSAGE BISCUIT or Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Mixed Berry cup Fruit Juice MILK - Variety	Mar - 28 SAUSAGE BISCUIT or Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Peaches *** Fruit Juice MILK - Variety	Mar - 29 SAUSAGE BISCUIT or Cinnamon Roll or Wheat Bread Toast*** Assorted Cereal Strawberry cup*** Fruit Juice MILK - Variety	Mar - 30 SAUSAGE BISCUIT or Pancakes*** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety	Mar - 31 SAUSAGE BISCUIT or Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal Oranges *** 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.