

Ferris ISD

Ingram Elementary Breakfast

March 2023

Feb 9, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 Pigs'n Flapjackets~~~ Peaches *** Milk 1% white *** + for Kindergarten Syrup!!! Milk Chocolate ff*** 100% Apple Juice ~~~	Mar - 2 Eggo Maple Mini Waffles *** Pears~~~ Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 3 Pig in a Blanket *** Oranges *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Grape Juice ~~~
Mar - 6 Cinnamon French Toa pork sausage patty-co Craisins *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 7 Pancakes*** Peaches *** Milk 1% white *** + for Kindergarten 100% Grape Juice ~~~ Milk Chocolate ff***	Mar - 8 Cinnamon Roll Apples Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 9 Breakfast Pizza ~~~ BANANAS-*** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 10 Chicken Sandwich *** Strawberry cup*** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~
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 Cinnamon French Toa pork sausage patty-co Craisins *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 21 Blueberry Bash Mini Waffles Apples Milk 1% white *** + for Kindergarten 100% Orange Juice ~~ Milk Chocolate ff***	Mar - 22 Pigs'n Flapjackets~~~ Pears~~~ Milk 1% white *** + for Kindergarten Syrup!!! Milk Chocolate ff*** 100% Apple Juice ~~~	Mar - 23 Breakfast Burrito~~~ Oranges *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 24 Eggo Maple Mini Pancakes *** Peaches *** Milk 1% white *** + for Kindergarten 100% Grape Juice ~~~ Milk Chocolate ff***
Mar - 27 Pig in a Blanket *** Mixed Berry cup Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Grape Juice ~~~	Mar - 28 Chicken Sandwich *** Peaches *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 29 Cinnamon Roll Strawberry cup*** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange Juice ~~	Mar - 30 Pancakes*** Pears~~~ Milk 1% white *** + for Kindergarten 100% Grape Juice ~~~ Milk Chocolate ff***	Mar - 31 Breakfast Pizza ~~~ Oranges *** Milk 1% white *** + for Kindergarten Milk Chocolate ff*** 100% Orange 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.